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CONTENTS 12/14



Leather rocks p14



Must. Have. This. p34



Looks familiar? Naughty you! p54



Spoiler Alert!
LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE.

Follow our advice and survive the apocalyse p62



He gets people shaking p74



Better than Halloween p58



Why we love the Philippines p68

ACCESS

04 TALENT
FHM Models finalist Hilda Huang loves fantasy novels. Wonder what she thinks of role play?

08 COUNTDOWN
Nine ways you get on the nerves of F&B staff. Could be more…

10 ESSAYS FOR MEN
Clickbait — what the heck it is and why it's driving some folks crazy.

12 *FHM* ONE ARENA
See what you've missed at our first mixed-martial-arts-focused showcase.

GEAR

16 ITEMS
Fantastic gift ideas for her.

18 STYLE NEWS
Fashion bits for men.

20 OPINION
What the ladies think.

22 TECH ADVICE
Spin like a pro DJ.

24 GROOMING
Prep up for the revelry.

26 FASHION SHOOT
Wasted and still looking fab,

36 TESTED
Kick scooters' the rage.

FEATURES

40 COVER GIRL
DJ Tenashar's the life of any party.

48 HOUSE PARTY
Plan the ultimate one.

54 AV ALERT
Bongo actress turns DJ.

62 APOCALYSE… NOT YET
How to avoid end of days.

68 HEY, SEXY
She's Nicole Alexandria.

74 SUPERSTAR DJ
One on one with the great one — Steve Angello.

FILTER

80 MUSIC
Are you ready for the "D"?

81 FESTIVAL
Put your hands in the air!

82 GAMES
Year-end picks.

83 DVDS
Apes are us.

84 FESTIVAL
Don't miss the bus.

85 TV
Batman hates this show.

87 BOOKS
Burp.

EVERYTHING A MAN NEEDS. AND MORE.



#194

DJ TENASHAR
WEARS SHIMMER BRA SET, BY LA SENZA. 24K GOLD OVER EAR HEADPHONE, BY MONSTER. SOCKS, STYLIST'S OWN. ART DIRECTION: DANNII CHOO; PHOTOGRAPHY: EALBERT HO; STYLING: ARTHUR TAN; PHOTOGRAPHY ASSISTANCE: IVAN POH; HAIR: PETER LEE/HAIRLOOM USING GOLDWELL; MAKEUP: MICHELLE CHIN/9154-0169 USING MAKE UP FOR EVER.

EDITOR'S LETTER...

A lot has happened in the last few months: Just as we were finally warming up to T*he Walking Dead*'s Bob (Stookey), he gets bumped off early in Season 5; Manchester United, despite splashing out over $250 million during the summer transfer window, still lost a man and goal to archrivals Manchester City at their derby game; and one of our fave cover girls Magic Babe Ning has retired her bag of tricks — and skimpy wear — to start a new chapter in her life.

Before you crack open a bottle and call the 1800 crisis hotline, here are some jolly news: *FHM* had a blast organising our first **Scissors, Paper Stone Championship**; we found out that most of us can train and look like Singapore Fitness Model Search winner, **Ben Chia**; and we even managed to get sexy DJ superstar **Tenashar** to strip down to her intimates — all for your reading/viewing pleasure.

The icing on the cake? The end times are not scary as you think and mankind might just be able to pull through it (that's if you follow our **apocalypse-survival tips** on page 62!).

Happy reading and stay upbeat.

Dennis Yin, Editor



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ACCESS

IT'S GREAT TO BE A MAN



LYCRA BRA & THONG, BOTH BY CHALONE.

PHOTOGRAPHY ASSISTANCE: IVAN POH; HAIR: BOSCO ENG/ HAIRLOOM USING GOLDWELL PRODUCTS; MAKEUP: EUGENE GOH USING NARS.

WORD PLAY

Talent

As a banking-and-finance graduate, curvy 24-year-old Hilda Huang knows all about figures. But is she as well rounded as she looks? We sit down with the *FHM* Model 2014 finalist for a literary discussion about books, *Game of Thrones* and Tyrion Lannister.

Words **Timothy Wee** Art direction **Pyron Tan** Photography **Mark Lee** Styling **Cheryl Chan**

WHO'S SHE?

Age: 24
From: Singapore
Occupation: Student/Model
Likes: Animals, RPG video games, *Harry Potter*, *Family Guy*.
Dislikes: Durian; cold weather.
Instagram: @Hildegardee

Talent

You're a banking-and-finance graduate. What is your dream job?
I want to be a skydiving trainer. While I've never parachuted before, it feels good to have others trust you with their lives. And when I was younger, I wanted to be a zookeeper because I love animals.
Cats or dogs?
As a reserved individual, I prefer cats; I can relate to them and, like them, I can be unpredictable at times.
If you could talk to cats, what is the first question you'd ask them?
I'd ask them what they think of us. I wonder at times if cats think that we are their pets, like some research studies suggest. Or are we just servants who bring them food? I'd love to know what is going on in their minds behind those mystical, sparkling eyes.
What sounds do you love?
I love the sound of morning in my neighbourhood. Besides the chirping of birds, I also find the buzz of the nearby school's assembly very comforting.
If we were buying a book to impress you, what should we get?
I enjoy fantasy books based on fact, like Dan Brown's novels. It wouldn't hurt if there were humour in it.
What is your all-time favourite title?
The *Harry Potter* series. I'm such a huge fan I read the books five times! I also admire JK Rowling for her rag-to-riches life story. When she first started writing, Rowling was in a lot of debt. But she went from writing on scrap paper to inking a multi-million-dollar publication deal. Let's not forget she was also a single mother.
If you had your own house in *Game of Thrones*, what animal would represent your house?
A lion. As a symbol, I want an animal that is strong. Lions are also fierce, loyal and always pay their debts.
What type of men are you attracted to?
Brainy men. Intelligence is



CROCHET TOP & BIKINI (WORN THROUGHOUT), BOTH BY TOUCH ME.

longer than brawn. I have come to like Tyrion Lannister from *Game of Thrones*. Not only is he smart but he's pretty funny, too.

Who wears the pants in your relationship?
I believe in exchanging the pants with my partner. For example, I'm more submissive and listen to him in public. But in the bedroom, I'm the one wearing the pants.

Do you agree that the way to a man's heart is through his stomach?
I'm not good at cooking, so I'm not sure about that. But food is definitely the way to my heart. And my boyfriend doesn't even need to cook for me; he just needs to buy me food.

If you had all the money in the world, what would you do with it?
Take over the world. But I'd share my wealth with everyone — just as long as I remain the richest.

If you were throwing an ultimate house party, what would it be like?
It'd be held at my own house. Nothing is more comfortable than being in your own crib. I'd prepare a home-cooked feast for guests; and maybe try my hand at bartending.

What gift should we give you this Christmas?
A complete DVD box set of my favourite TV dramas! I can be quite the couch potato and just stay in. There is nothing more that I like than to be in front of the TV with my chips and instant noodles. I dare you to throw any *Friends* trivia at me!

Ever kissed a guy under a mistletoe?
No, but I'd love to have Robert Downey Jr stand under there. I love his charming arrogance and badass humour. Plus, he's *Iron Man*.

If a genie granted you two wishes, what would you wish for?
I'd wish for more wishes! But if I had to be specific, I'd wish that every day was a good hair day. And of course, world peace! **FHM**



"I'M MORE SUBMISSIVE TO MY BOYFRIEND IN PUBLIC. BUT IN THE BEDROOM, I'M THE ONE WEARING THE PANTS."

WEIRD WORLD

NINE WAYS YOU GET ON THE NERVES OF WAITERS AND WAITRESSES.



Ordering Off-Menu

Asking if you can have chips instead of roasted garlic mash will leave your waiter struggling to fight back an eye roll. If you could hear all the shouting going on in the kitchen, you wouldn't be asking this poor fella to go ask the red-faced chef to rustle up something he doesn't want to.

08

Splitting the bill at a molecular level

Why are all the other customers giving you evils? Because you've just tied your waiter up by making him perform time-consuming, PhD-level calculations, breaking down your bill into 27 individual items, then reconstructing it into five separate bills so that it's all super-duper fair and nobody feels hard-done-by. Just split that thing equally – honestly, who gives a shit if Steve's starter cost $3.50 more than everyone else's?

07

Vandalising the table

We've all done it: You finish your meal, and as you chat away with your buddies, you occupy your twitchy hands by picking off a beer label, rolling titchy doughballs out of bread, making tiny origami birds out of your napkin, then dumping them into your drink before piling the mini doughballs on top. The wait staff don't just throw leftover drinks and ice into the bin, you know. They get poured into the sink, which means your grossed-out waitress then has to pick all your doughy, papery handiwork out of the plughole while quietly dry-heaving.

06

Not moving your phone out the way

The waitress needs to put your plate down right now, because it is hot. Scalding, scalding hot.



05

Hitting on the staff

There's something a bit skeezy about openly flirting with a waitress. Yes, there's a chance that she's actually into you, but there's an even bigger chance that she's grinning and giggling at your tipsy winks and double entendres solely because it's her job to keep the customers happy and she really needs the tip money right now. This is especially true if you're on holiday in the US and eating in a Hooters.

04

Leaving fistfuls of shrapnel as a tip

The bill's paid, everyone's about to leave, and all that's left to do is give a tip. But uh-oh… Nobody has any notes on them, so the tip's going to have be scraped together from the dusty shrapnel wedged deep in everyone's wallets. The resulting mound of coins is a bunch of 10 cent coins. That weird soul-shiver you all feel as you hotfoot it down the street? That's your waitress, staring at the useless pile of shitty metal you've just left her and cursing you all with hexes and hell-fire.

03

Yelling and/or finger clicking

Getting a waiter/waitress's attention in the same way that you'd call a dog over doesn't make you look like no-time-to-waste alpha male — it makes you look like a massively rude asshole. Remember: Your waiter is a complete stranger who has unsupervised access to your next meal — wind them up at your peril, unless you want to chow down on pubes and hocked-up flob.

02

Arriving just before closing time

Okay, so there's nothing technically wrong with bowling up to a restaurant that closes at 11pm at 10.52pm. They are still open, right? You don't even want starters, you're going straight to mains! But look at the gutted expressions on the face of the waiting staff — it's like they were all set to be released from Changi Prison, and you've just denied them freedom at the last minute. You'd better wolf that food down like you're on *Man V. Food*.

01

Lingering forever

Bill paid, drinks drunk – go *hooommme*, man. Go home.

WORDS: JOE MADDEN; PHOTOS: TPG IMAGES/CLICK PHOTOS



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Essays for Men



IS THIS ONE WEIRD TRICK DESTROYING THE INTERNET?

(I COULDN'T BELIEVE THE MIND-BLOWING TRUTH!)

There's a digital disease and it's rapidly colonising every facet of your life. Welcome to the world of clickbait.

What, at the tail end of 2014, is the biggest threat to the well-being of the Internet? It's not rampaging viruses, or Russian hacking gangs, or nan-confusing phishing scams – it's clickbait. Lying, scheming, invariably disappointing clickbait. It's spreading across the web like herpes across a groin, and it won't be content until we're all driven mad with itchiness.

Even if you're unfamiliar with the term clickbait, you'll be wearily familiar with what it actually is. Over the past couple of years, your Facebook newsfeed has probably become infested with calculatedly teasing links, desperate to transmute your curiosity into a click. Here are four (genuine) examples:

"His First 4 Sentences Are Interesting. The 5th Blew My Mind And Made Me A Little Sick."

"The Perfect Reply A Girl Can Give To 'What's Your Favourite Position?'"

"I Laughed, I Cried, I Clicked 'Refresh' Until He Posted Another Picture."

"Watch The First 54 Seconds, That's All I Ask. You'll Be Hooked After That, I Swear."

Those all came from Upworthy, the US site that first truly weaponised clickbait. In its first month, March 2012, Upworthy attracted 5 million monthly visitors; by November 2013, it was reaching 87 million visitors via overblown, cliffhangery headlines and endless promises to amaze/shock/inspire/nauseate you if you'll juuuust click on this link, oh go on, do it, just one little click, you know you want to…

Sites such as BuzzFeed and Huffington Post had used tricksy, gossipy, clickbaity headlines before, but Upworthy intensified the game and raised the bar considerably. A listicle that another site might've headlined with "Check Out These 20 Amazing Photos Of Special Olympians!" would be packaged by Upworthy as "These 20 Images Completely Changed The Way I See Humans. #13 Made Me Cry; #20 Shocked Me Into Silence!" And people clicked in their millions, because curiosity is a motherf****r and they just couldn't help themselves.

Which led, of course, to an avalanche of copycats. Where there are easy clicks, there's easy loot in the form of advertising revenue, and new Upworthy clones began appearing online almost weekly. The likes of ViralNova, Distractify, Knowmore, Zynga, TwistedSifter, Viddy, The Amazing People and BranchOut were all soon barging and elbowing each other out of the way while desperately vying for your attention and –

pleasepleaseplease — your click.

Unsurprisingly, this massive influx of clones had a big impact on the original: Upworthy's traffic soon plummeted by 40 per cent from its November 2013 peak.

Until recently, the key battleground for Upworthy and its attention-hungry spawn was Facebook. The vast majority of traffic to these sites came via the site's posts: A user clicks on irresistible clickbait, thus causing their friend to also click on it, causing their friend to click, and so on and so forth until the clickbait arrives on your newsfeed, causing you to sneer in disdain… And then cave in and click anyway, silently cursing yourself as you do.

Finally, the tide began to turn. Facebook users complained about their newsfeeds becoming overrun with vapid, arm-waving clickbait content bearing headlines like, "Oh Look. A Random Box In The Yard. Let's See What's Inside… WOAH!" (that beauty is courtesy of ViralNova). In the manic scrabble to get people through the door, clickbait sites were making increasingly demented claims about what they had to show you: It was always the most shocking, absolutely heartbreaking, *utterly* life-changing thing that you *really* had to see *right now*.

Obviously, very few things in existence can actually live up to such a billing, so when a Facebook user clicked on a link expecting to have their world turned upside down, only to be faced with a dull slideshow of a three-legged dog, they felt duped and disappointed. Earlier this year, Facebook reported that 80 per cent of its users disliked these misleading or wilfully vague links — the site was in danger of becoming an unusable idiocy pit.

And so, in August, Facebook introduced a new clickbait-killing algorithm: If users click on a link and only spend a few seconds viewing it (they scowl, "What's this nonsense?" and promptly return to Facebook), then that link is prevented from spreading across other newsfeeds. It worked, and you've probably noticed less bozo-brained clickbait clogging up your own newsfeed ever since.

BuzzFeed, however, is still all over Facebook because A) it's careful not to over-egg itself — if it promises 20 GIFs of yawning kittens, that's what you get, and B) BuzzFeed pays for some of its stories to appear on Facebook, because they're thinly disguised adverts — see some recent *Friends* listicles, as funded by Comedy Central. So… that's that then, right? The public won, clickbait lost?

Sadly, nope. Clickbait may have been chased out of Facebook, but its influence has now spread far beyond cheesy viral sites. In fact, clickbaiting is fast becoming the norm even among websites that, just 12 months ago, would've sneered at Upworthy and its offspring. Slate — a chin-stroking current-affairs site — recently linked to a story with "One Professor Banned Her Students From Emailing Her. The Results Were Great!" while highbrow technology site Wired excitedly dumbed itself down with "Zach Galifianakis Says Everything You Want to Say to Justin Bieber Right to His Face!"

Advertisers have also latched on to the lucrative, curiosity-tickling power of clickbait: You'll have seen all those ads proclaiming "Doctors Hate This Woman For Her One Weird Anti-Ageing Trick!" or "Shoppers Use Bizarre Loophole To Buy iPads For $150!" The language is even creeping into YouTube ads: The recent trailer for horror flick *As Above, So Below* ended with the words, "You won't BELIEVE what happens next!" flashing across the screen (except you will, if you've ever seen a horror movie before).

Even more annoyingly, clickbait speak is infecting television: It's now standard practice for some global news channels to precede commercial breaks with a dumb cliffhanger question: "Could this dolphin hold the key to a cure for Aids? The surprising answer — after the break!" (Spoiler: nope, still no cure for Aids, don't get excited.)

It's an arms race of bellowed bullshit, and nobody seems willing to back down. But with frantic clickbait now coming at us from every angle — both online and off — will we soon become numb to any attempt to capture our attention? What Happens Next? The Answer Shocked Me So Much That I Fainted! **FHM**

WORDS: *FHM* UK. PHOTOS: TPG IMAGES/ICLICK PHOTOS



NIP TALK WITH DR TIFFINY

The festive season is right around the corner and it's time to start looking great for the parties! Here are some tips to look your best for the fun-filled times ahead.

Start now

It's never too early to start grooming. There are facials and (sport) mani-pedis to get to, shopping for party wear to do. By now, it's probably too late to consider a full-blown nose or eye job under the surgeon's knife, but if you need the last-minute quick fix, there's always a nose or chin-filler injection for the great chiselled look everyone envies.

Take care of your skin

This is the season for debauchery — long parties, late nights and too much junk food are hard to avoid, but it doesn't mean you should let the season's fun take its toll on your skin and make you age twice as fast as you should. Catch up on your sleep when you can, drink lots of water, use skincare products that fight ageing (such as the new Tiffiny's Secret Age Defense serum) and the no-downtime laser skin-rejuvenation at your friendly aesthetic doctor's!

Relax and have fun

Last but not least, after you've done everything you need to do to look your best, forget the not-so-stellar moments of the past year, let go and have fun! You've never looked better than when you are the most confident and comfortable in your own skin, so go on and let that swag shine through.

Dr Tiffiny Yang holds a Bachelor of Medicine & Surgery degree from the National University of Singapore. She runs her own medical aesthetic clinic somewhere in Singapore. Look out for her next column on aesthetics and more in the February 2015 issue! Check out Tiffiny Yang skincare line at www.tiffinyyangskin.com.







ZHENG GE PING, ONE FC RING GIRL MEL TAN AND A STAR-STRUCK FAN.

FHM ONE ARENA





IT'S REALLY JUST CHILD'S PLAY...



...BUT CAN BE BATTLE OF THE SEXES, TOO.

In the lead up to ONE Fighting Championship: (ONE FC) *Battle of Lions* fight night on 7 November, *FHM* and Asia's largest mixed martial arts (MMA) promotion co-organised the first *FHM ONE Arena* event where "fitness, fans and fun meet". Held over two weekends in October and November at Bugis Junction, the road show brought MMA closer to the general public. They were treated to athletic demonstrations by fighters from the decorated Evolve Fight Team and the Singapore Silat Federation; plus appearances by radio DJs Vernon A and Rosalyn Lee, MediaCorp artistes Zheng Ge Ping and James Seah, the cast of next year's *Ah Boys to Men 3: Frogmen*, Charlie Goh, Joshua Tan and Maxi Lim, and, of course, our lovely *FHM* Models.

Online health-food store Rich Nutrition also set up a booth to educate the public on sports nutrition, as well as to try out its supplement drink.

FHM One Arena, though, wasn't all testosterone and muscles; we held our first Scissors, Paper, Stone (SPS) Championship with participants from all walks of life and age groups. For both weekends, a winner was crowned each day, winning themselves $100. The four SPS experts met on 6 November just before the *Battle of Lions* official weigh-in to determine the eventual winner, who took home $1,000.

FHM would like to take opportunity to thank our partner ONE FC, and sponsors Bugis Junction, Mah Pte Ltd and Rich Nutrition for making the event a success. Most of all, a big thank you to our readers for your continuous support. We can't spell success without "U".

WORDS: TIMOTHY WEE



AH BOYS TO MEN'S CHARLIE GOH PLAYS CATCH UP WITH SPS EXPERT.







THEY MEAN BUSINESS.





GEAR

THE DILEMMAS OF MAN

CAN I ROCK A LEATHER JACKET?

You don't need a Harley-Davidson or a Fender guitar to pull off this classic look, just a bit of know-how…

Words ***FHM* UK**
Photography: **Marco Vittur**



DO: GET SLICK
The best thing a man can pair with a leather jacket is a rock 'n' roll haircut. Slick it back with the some wet-look Brylcream, and, if you've got the balls, go for a quiff.

DON'T: FEAR THE BEARD
You facial hair should match your bike. Rule of thumb: The bigger and nosier your ride, the bigger and bushier your face fur.

DO: PICK A SHAPE FOR YOUR BUILD
A classic biker jacket is always going to have a short and boxy fit, meaning if you're already quite broad, it'll make you look like a cartoon henchman. Go for a field jacket-shape instead if you're one wide-shouldered mo-fo.

STYLE INTEL
After a leather-clad Marlon Brando sported a biker jacket in 1953's *The Wild One*, colleges across the US banned them, which cemented the style as the rebels' choice.

DON'T: FAKE IT
If you don't wear rings normally, then resist the urge to bling-up. You want to look and feel at ease in your new jacket, not like a sweating undercover rookie cop in a Hells Angels sting.

DON'T: OVER THINK YOUR TEE
This isn't fancy dress, so pop your ZZ Top T-shirt back in your drawer. Instead, opt for well-worn slogan tee, ideally something that says you're prepared to stick it to the man (well, at weekends anyway).

DO: PICK YOUR BOTTOMS WISELY
There's no need to punish your nuts with a skinny-fit but do make sure the legs of your jeans aren't too baggy. The silhouette of your bottom half counts for a lot, as it needs to balance out the bulkiness of the leather.

JACKET, BY LEWISLEATHERS.COM.
T-SHIRT, BY DEAD HOMMES FROM SIXPACK.
FR. JEANS, BY LEVI.COM.

4 LEATHER LOOKS YOU NEED IN YOUR LIFE



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Perfect for: Aspiring indie rock stars and those who only do their tunes on limited-edition vinyl.

JACKET, LUKE1977.COM. POLO, NIGELHALLMENSWEAR.COM. JEANS, LEVI.COM. TRAINERS, FILLING PIECES AT OKI-NI.COM.



THE FLIGHT JACKET
Perfect for: A man who takes his Chevy to the levy and always piles his pancakes high.

JACKET, MONARCH-MILWAUKEE.COM. T-SHIRT, EBBETS FIELD FLANNELS AT LIQUORSTORECLOTHING.COM. WATCH, SEIKO.CO.UK. JUMPER, RUSSELL ATHLETIC ARCHIVE AT STYLECREEP.COM. TRAINERS, CONVERSE AT SCHUH.CO.UK.



THE MOTO JACKET
Perfect for: Hip-hop types, with a super-sized entourage and an even larger ego.

JACKET AND JUMPER, BOTH ALPINESTARS.COM. TRAINERS, GOURMET AT FOOTPATROL.CO.UK. SUNGLASSES, QUAYEYEWARE.COM.AU. HAT, CONVERSE AT HATSANDCAPS.CO.UK.



THE FIELD JACKET
Perfect for: Stepping out of your pristine Land Rover, with a hot girlfriend and a sofa-sized dog at your side.

HAT, ASOS.COM. WATCH, ACCURIST.CO.UK. JUMPER, BARBOUR.COM. JACKET, REISS.COM. SHOES, ALDOSHOES.COM.

DON'T HAVE A COW...

We talk to Derek Harris, owner of Lewis Leathers (lewisleathers.com) on how to buy a biker jacket

Is it worth spending a lot?
Normally, the more it costs, the better the materials used.
What should I look for?
Look for a model with fewer panels; there is less stitching, which is the weakest point on a jacket. Test the zippers to see how well they run.

Is it okay to buy fake leather?
For riders, it won't provide the abrasion resistance you need, but it'll keep you dry.
How should I maintain my leather jacket?
If it ever gets wet, never dry it in direct heat or place it on a radiator. It'll bake the leather and ruin the jacket. Good hide food should be applied to leather quickly after, as it replenishes lost oils that keep it supple and water-resistant. Lewis Leathers will have a cleaning and replenishing kit on the market soon (plug, plug!).

Will leather protect me if I fall off my bike?
For motorcycling, you should look for leather which is at least 1.1mm to 1.3mm in thickness. Cow and horse are excellent for abrasion-resistance and will protect your skin from the tarmac.

STYLE ITEMS

X'mas Crackers

PERFECT PRESENTS

'Tis the season for spoiling your woman silly. From the fashionable to the techie — here are the gifts that'll make her Christmas truly merry.

Compilation **Janine Lee**



$83
CRABTREE & EVELYN HAND THERAPY MUSICAL TIN
FROM CRABTREE & EVELYN STORES.



$399
CANON POWERSHOT N2 FROM
AUTHORISED RETAILERS.



$45
LANEIGE SPARKLING PARTY MAKEUP PALETTE
FROM LANEIGE BOUTIQUES.



$510 TO $600
MONTEGRAPPA DC COMICS CHARACTERS PEN FROM
AESTHETIC BAY ION ORCHARD.



$165.90
SKULLCANDY KNOCKOUT
ROBIN HEADPHONES FROM
STEREO ION ORCHARD.

FHM LOVES



$219
NIKE AIR MAX LUNAR1
FROM NIKE RAFFLES CITY.



$190
K BLU CUT OUT SWIMSUIT FROM K BLU BOUTIQUE.



$120 TO $160
CALVIN KLEIN INTENSE NECKLACE AND RING FROM CALVIN KLEIN ACCESSORIES BOUTIQUES.



$1,188
BUGATTI COFFEE MACHINE FROM ROBINSONS.



$49
TED BAKER QUINTESSENTIALLY ENGLISH IPHONE 6 CASE FROM EPICENTRE.



$125
KENZO FLOWERBYKENZO EDP FROM SEPHORA.



$339
XBOX 360 SPECIAL EDITION BLUE BUNDLE FROM AUTHORISED RETAILERS.



$798
KUVINGS SLOW JUICER FROM ROBINSONS.



$89
NOONTEC GIANT MINI POWER BANK FROM EPILIFE.

STYLE NEWS

MIX IT UP

The ever-colourful, trippy, creative vision of Lazy Oaf takes the spotlight again with its winter release of cheeky tees and signature all-over patterned shirts. Bold, interesting and slightly off-centre, the collection reminds us of that one artsy kid in school who was always mad creative but also kind of weird. In a good way, of course.

$69 to $289, from Actually at Orchard Gateway.





DOCTOR WHO?

The **Doctor Martens Crafted Collection** for men features four brand-new models to enhance any wardrobe. These multi-layered shoes are made of luxurious materials like Italian Hair-On and Maracaibo leather.

$499 to $599, from Dr Martens boutiques.

DENIM DANGER

When it comes to attire, you can never go wrong with a trusty pair of jeans. **Uniqlo**'s new line illustrates the importance of denim in your wardrobe. Using Selvedge denim (go on, Google it), the brand presents renewed cuts of your favourite jeans with additional stretch and flex for a comfortable fit. The denim also distresses over time allowing each pair to be one-of-a-kind.

From Uniqlo stores.



WORDS: EMILLIO RODRIGUES



BRIT INVASION

Designed specifically for fashion-forward consumers, **Jack Wills** flagship store in Singapore showcases a versatile range of outfits from its autumn collection consisting of everyday casuals. Whether you're dressing for a night out with the lads or an afternoon brunch with Jack, you'll look sleek and put together without even trying.

From Jack Wills at Raffles City.

FER-TASTIC

Sophistication takes on new meaning with the latest **Fer** collection. The line takes traditional ideas of office wear to bold new territory with colourful blazers in an array of textures that'll have heads turning in the office. The unique patterned shirts also lend extra flair to your outfit, allowing you to switch to "party mode" when it's time to knock off.

www.fermenswear.com



KIMONO KICKS

Floral patterns are everywhere and the fad doesn't look like it's going away anytime soon. **Puma** jumps on the bandwagon with an exquisite pair of subtly patterned sneakers available in two colourways. Drawing inspiration from the land of *sakura*, the kicks are crafted using Japanese techniques that combine the suede with delicate *kimono* fabric.

$249, from Left Foot stores.



EYE SEE IT

These **Mercedes-Benz Style frames** are made of ultra-light stainless steel and high-performance polyamide to provide extra durability and a secure fit. If that isn't good enough, the entire frame is held together without any screws — so you never have to worry about it coming apart.

$440, from Jossino Optics at Orchard Plaza.



STEP IT UP

Say good riddance to compromising comfort for style with **Hackett**. With its new collection of easy-to-wear travel essentials, you can walk from Tanglin to Marina Bay, while still looking as fly as ever. Crafted with the gentleman traveller in mind, the line showcases a versatile range of accessories and clothes to match any occasion.

From Hackett at The Shoppes at Marina Bay Sands.



HER OPINION

HOW DOES MY BUCKET HAT LOOK?

(SHE'LL LET YOU KNOW)

With bucket hats making a comeback, is it possible to rock the trend, or should these head-huggers only be reserved for fishermen? *FHM* finds out what the ladies think.



RAPPER MAC MILLER SPORTING THE '90S COMEBACK LOOK OF THE MOMENT.



Christine, 27

I've always thought bucket hats were cool and I'm glad they have the floral ones. They look so much better!



Kimberly, 19

The only thing you're going to catch with that bucket hat is fish and dirty looks.



Syamimi, 19

I think the bucket hat look is really trendy right now, but you need to have an acquired style to be able to pull it off.



Selina, 23

I wouldn't mind if my partner has one but he better be pulling it off right.



Shaista, 19

If you're not a 50-year-old man on a lake, you shouldn't be trying this look. There's a reason the trend died out in the past.



Sonia, 24

It's something you really need to have balls to pull off and I would date anyone who could do that right!



Suraya, 30

A big "no" for me for sure. It has never looked good and I don't understand how it's trending now.



Mira, 21

I can't stand men who wear them. There's just something about these hats that screams "unattractive".

INTERVIEW & PHOTOGRAPHY: EMILLIO RODRIGUES; PHOTO: TPDIMAGES/CLICKPHOTOS



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A TYPICAL NIGHT AT THE CLUB.

Party Starter!

LEARN TO BE A PROFESSIONAL DJ

Zouk resident Matthew Lim tells *FHM* how he gets the crowd pumping every weekend at Singapore's top club. With these tips, prepare to take your party to epic new heights.

I played the drums when I was younger. With that background, I did a lot of my own research on DJing and basically taught myself the technical aspects. I started doing this when I was 16 years old, saved up and bought a pair of turntables with a mixer for $2,000. It'd probably cost $4,000 to $5,000 today, though, because they're no longer in production.

I'd recommend starting out with turntables. To learn the right techniques, you have to go through the proper methods. Turntables are like driving a manual car, while CDJs are like automatic cars. You learn more when you take the manual route and won't rely so much on technology when spinning.

I see a lot of new DJs who tend to skip the process of learning to beat-match properly. Technology provides auto-syncing so, technically, the equipment can beat match for them. But when they're given a turntable and records without the programme to DJ, they all end up being unable to spin or mix a track. Start the proper way – get a turntable.

I decided in secondary school that I never wanted to take the conventional career route of getting a degree and desk-bound job where you work until you die. Luckily, I had great DJs like Andrew Chow to mentor and guide me in hip-hop; and also Andrew Tang who taught me more about the electronic dance music (EDM) aspects of DJing.

My first paid gig was at (now defunct) Play Club; a friend recommended me for the job. DJing works mostly through word-of-mouth; we don't have a school you can attend to get a recognised certificate. As with any great job, networking and luck also play a part. If you don't know anyone in the business and just try to apply for a residency, I'd say the chances of getting in are close to zero.

I moved around spinning at a few other clubs before Zouk offered me the job. Every aspiring DJ in Singapore, or even Asia, would eventually want to work at Zouk. It's one of the top clubs in the world. So when they offered me the job, I grabbed it.

Without the DJ, the club can't function. Without music, no one's going to drink or party. The most important part of my job is playing the music that'll work up the crowd. A lot of DJs tend to just play all the big tracks and not "crowd-read", so they end up letting the music control them, instead of the other way round.

Anyone can put popular tracks and rock a crowd, but it takes a more experienced DJ with crowd-reading skills to keep people returning. You have to strike a balance between playing music that the crowd wants and music that you personally like. My main priority when spinning is to give party goers what they want, and try to put in music I like, too. That makes everyone happy.

Local clubbers are generally receptive to new music, but they also have a tendency to just follow what their friends like — which are the more popular mainstream songs. So if I can sneak in a couple of unknown tracks in one night and still command a packed dance floor, I consider that a success.

My main priority when spinning is to give partygoers what they want, and try to put in music I like, too. That makes everyone happy.

The hardest part of my job is maintaining my liver and keeping track of my drinking! It's an occupational hazard of the nightlife industry. You get conditioned to the alcohol and it can get pretty bad if you don't watch yourself. Exercising and a good diet help with fatigue because the hours for this job tend to make you burn out. Remember to eat your vitamins.

Staying current with music is another important aspect of the job. People come to the clubs to hear the latest music, so DJs can influence people to become interested in new songs or new musical genres. My main sources of new music are Beatport.com and DJcity.com. I usually check out the chart of new releases and see if there's anything there worth working into my set.

If you want to make the leap from a hobbyist DJ to doing it professionally, start networking because you really need the contacts. For someone just starting out, I'd suggest putting your music on Soundcloud and Facebook. Ask your friends to listen to your mixes, spread the word and build a fan base. You never know who's listening — could be the person offering you your next job.

With the availability of technology, everyone's picking up DJing these days. The number of DJs is increasing, but the number of clubs is decreasing. The pool of available jobs is getting smaller, so you really need something special to stand out if you want to get hired in Singapore. The most important trait for being a DJ is perseverance — you'll get there eventually.

One of the harder things to cultivate is your musical identity. Identity isn't about how you dress or the persona you put on; it's about having your own sound. It's when people recognise the DJ who's spinning just from listening to the set. You shouldn't just follow trends in the mainstream and only play popular songs. Develop an individual preference and listen to a range of genres to stay dynamic.

Catch DJ Matthew on Saturday nights for DROPit at Phuture (Zouk); and at ZoukOut, 12 to 13 Dec 2014. www.zoukclub.com



GROOMING

SHINE ON

Here's everything you need to get prepped, primped and ready for all those smashing year-end parties.



TOMMY HILFIGER TOMMY AMERICAN STAR SET, $77

Flying out of the country this Christmas? This set equipped with Tommy Hilfiger's signature EDT and a 100ml body wash all packaged in a neat little navy travel pouch, is just what you need to include in your carry-on.

GENTLEMEN'S TONIC FACIAL GIFT SET, $115

Made with a range of key ingredients like bamboo particles for exfoliating and seaweed to retain moisture, this facial care set will soothe, moisturise, rejuvenate and nourish – leaving your skin glowing like a Christmas tree. Set contains facial scrub, foaming cleanser and moisturiser.

EDWIN JAGGER SHAVING BRUSH & CREAM GIFT SET, $139

This aloe-vera shaving cream produces thick, creamy lather for a smoother and more comfortable shave. Set contains badger shaving brush with drip stand, 75ml shaving cream and additional shaving-cream sample pots.

WORDS: JANINE LEE; ART DIRECTION: PYRON TAN; PHOTOGRAPHY: MARK LEE



CLINIQUE FOR MEN SKINCARE ESSENTIALS, $122

Put your best face forward during the holidays with this hydrating trio of products. Containing everything you'll need for the basic three-step regimen (cleanser, exfoliating tonic and moisturiser), this set makes caring for your skin a breeze.

CRABTREE & EVELYN VERBENA & LAVENDER DUO, $55

Keep your skin hydrated during the colder months with these luxuriously scented lemon-verbena products that are infused with French lavender extracts for soft and smooth skin. Set comes with shower gel and body lotion.

KENZO HOMME NIGHT EDT COFFRET SET, $115

Get ready for a night out with this warm and vibrant EDT. With fresh top notes of grapefruit and coriander layered over a woody heart of Tonka bean and vetiver, this fragrance is the perfect complement to your evening. Set includes fragrance, shower gel and a wallet.



HIGH FASHION

Even if you end the party in a heap on the floor, getting wasted never looked this good.

Art direction **Dannii Choo** Photography **Kevin Chia** Styling **Ben Chin**



DENIM JACKET, BY CELIO. JEANS, BY UNIQLO. SUNGLASSES, BY DOLCE & GABBANA. BOOTS, MODEL'S OWN.

ART DIRECTION ASSISTANCE: EMILLIO RODRIGUES; PHOTOGRAPHY ASSISTANCE: IVAN POH; MAKEUP: HANEY ATRYANA/9104-7111; MODELS: AARON B/AVE, SAM, SHAR LANE & PHILIPP. LOCATION: FISHER BNB.





FROM LEFT TO RIGHT: LEATHER JACKET, BY SPORT B. JEANS, BY UNIQLO. WAYFARER SUNGLASSES, BY RAY BAN. BOOTS, BY TIMBERLAND (WORN THROUGHOUT). ASSORTED RINGS, MODEL'S OWN. NEON SLEEVELESS TOP, BY PREMINISION. LEATHER PANTS, BY AGNÈS B. SHADES, BY XANDER SUPER SUNDAY. NECKLACE, BY H&M. SHIRT, BY DR MARTENS. BELT, BY CLUB MONACO. JEANS, BY UNIQLO.

GEAR

PRINTED FLANNEL SHIRT, BY DKNY. JEANS, BY BLACKBARRETT.

OPPOSITE FROM LEFT TO RIGHT: PLAID SHIRT AND POCKET SQUARE, BY DR MARTENS. BLAZER, BY TIMBERLAND. JEANS, BY CELIO. COTTON SWEATER, BY SPORT B. JEANS, BY BLACKBARRETT. COTTON KNIT BEANIE, BY DKNY JEANS.





GEAR

FROM TOP TO BOTTOM: BLAZER, BY H&M. SHIRT, BY BLACKBARRETT. JEANS, BY CELIO. LEATHER JACKET & JEANS, BY CLUB MONACO. PRINTED TEE, BY SPORT B.

OPPOSITE FROM LEFT TO RIGHT: PRINTED SHIRT, BY CLUB MONACO. BLAZER & BELT, BY CELIO. CHINOS, BY SPORT B. POCKET SQUARE, STYLIST'S OWN. CUT-OUT BIKINI TOP, BY MIJANOE. EMBELLISHED BEADED SKIRT, BY CLUB MONACO. SHIMMER BLAZER, BY JUICY COUTURE.





WATCHES

REACH FOR THE SKY

Glycine Watch SA celebrates a century of watchmaking with a solid aviation timepiece.

Words **Dennis Yin**



Instead of merely giving itself a pat on the back for reaching the 100-year mark, Bienne-based watchmaker Glycine Watch SA decided to look forward to the next 100 with the **Airman Airfighter**, a 24-hour pilot's watch with three time-zone capabilities. It's also fitted with an innovative chronograph mechanism where you start/stop/reset said function by pushing a sliding actuator up or down; while the GL754 automatic movement, decorated with a skeletonised aircraft, is viewable through a sapphire-crystal case back.

$5,900, selected Sincere outlets, Vincent Watch, Nanking Watch and Watches of Switzerland.

WATCHES

FINAL COUNTDOWN

Strap on a masculine watch for the festive season.

01



02



03



04



05

FHM LOVES



06



01. While Air Asia-type space travel may be years away, thanks to our fave tough-guy brand, everyone can wear like a galaxy voyager. Its "Space" series features a GMT complication with a bi-directional rotating bezel with 24-hour markers to act as a third time zone.

LUMINOX 5121 BO, $1,172; ROBINSONS ORCHARD, OG ORCHARD POINT, TANGS AND OTHER AUTHORISED RETAILERS.

02. If you're the sort that doesn't crack easily under pressure, wear a timepiece that exemplifies your fortitude. Suitable for all occasions, this dive watch with reinforced pressure gaskets is able to withstand a 200m depth.

TSOVET SVT-DW44, $645; CLOUT 9 AT WHEELOCK PLACE, ISETAN SCOTTS, ROBINSONS ORCHARD AND OTHER AUTHORISED RETAILERS.

03. Badassery meets sophistication in Nixon's new model where ceramic inlays and high-polish stainless steel are contrasted with a rugged crown guard and customised case.

NIXON THE ANTHEM, $868 TO $748; NIXON AT ION ORCHARD, TANGS, CLOUT 9. ISETAN SCOTTS AND KATONG; ROBINSONS JEM, ORCHARD AND RAFFLES CITY; AND DOT AT BUGIS+, JEM AND TAMPINES.

04. Not techie-looking like most smart watches, Cogito Pop keeps style on your wrist. Customise your message alerts; and use it to remotely trigger your phone camera. It also runs on button-cell battery, so no charging required. For iPhone and Android.

COGITO POP, FROM $179; COGITO POP STORES AT RAFFLES CITY AND WESTGATE MALL.

05. Amp up your monotone wardrobe with this stand-out piece. Its gun-coloured dial and black leather strap shout *Sons of Anarchy*, while the rainbow casing says, "Okay, I watch *Glee*, too. Sometimes."

POLICE BOA, $359; CLOUT 9, METRO CITY SQUARE, OG ORCHARD POINT AND PEOPLE'S PARK, ROBINSONS JEM AND ORCHARD, TASKASHIMAYA AND TANGS VIVOCITY.

06. Cap 2014 with this timeless steel beast. Inspired by long-distance travel, it's water-resistant to 100m, and houses a Swiss Official Chronometer Testing Institute-certified self-winding movement.

BREITLING TRANSOCEAN 38, $8,190; BREITLING BOUTIQUE AT PALAIS RENAISSANCE.

WORDS: DENNIS YIN

CYCLING SPECIAL

SCOOT CLEAR

The top five kick scooters for the best local street-cruising experience.

Words **Emillo Rodrigues** Art direction **Pyron Tan** Photography **Mark Lee**



OXELO TOWN 9 EASY FOLD SCOOTER

Why we like it: Designed for everyday use, the Oxelo features upgraded suspension, as well as hand brakes for a smoother and secure ride. Once in "luggage mode", the lightweight vehicle is compact enough to bring on board any public transportation. The best part of this new boy toy, however, is its folding mechanism, which allows users to change between modes with a simple kick.
How light? 9kg.
Colours: A mixture of black and white for its base, with red highlights.
How much? $289
Where to find: Tef Bikers Junction.

GO-PED KNOW-PED

Why we like it: If superior control is what you're looking for, the KnowPed is definitely the one you want. With a wider base, you'll be able to cruise down a street while cornering smoothly. In addition, the Know-Ped comes with front calliper brakes and rear fender friction brakes that guarantee complete control at all times.
How light? 5.8 kg
Colours: Green, red, blue, glossy black and matte black.
How much? $599
Where to find: Falcon Pev, www.falconpev.com.sg



GO-PED SINGPED

Why we like it: The handcrafted SingPed stands out as a new standard for kick scooter design. Designed specially for Singaporeans, the SingPed is versatile for city and heartland commute. The slim curved board makes navigating sharp turns a breeze. Plus, you'll never need to worry about a flat wheel ever again!
How light? 4.5kg.
Colours: Green, red, blue, glossy black and matte black.
How much? $499
Where to find: Falcon Pev, www.falconpev.com.sg

XOOTR NEON MG

Why we like it: Made from solid magnesium, the Xootr Neon MG is built for showing off those cool kick-scooter moves. With its extremely light deck structure, there's no way you'll complain about carrying it around. Along with a low-deck height and wide platform, this kick scooter is the ideal choice if you treasure comfort above anything else. Be prepared to turn a few heads with this sick ride.
How light? 4.5kg.
Colours: Green and orange.
How much? $269
Where to find: Betel Box Bistro, www.betelbox.com/tour-xootr-products.htm

KRF PREMIER CITY 230

Why we like it: Direct from Madrid, the KRF Premier City 230 has the flamboyance of a decorated matador. The kick scooter's graphical design stands out at first glance. With a large 230mm front wheel, it effortlessly glides along with a gentle push. This also translates to an overall smooth ride; humps, rough surfaces and all.
How light? 3.5.g
Colours: Red/black and white/blue.
How much? $260
Where to find: Skateline, www.skateline.com.sg



Total Immersion

SAMSUNG HW-H7501 CURVED SOUNDBAR

Why it's good? Crafted with a finely brushed aluminium finish that matches perfectly with Samsung's curved UHD TVs, the soundbar isn't just made for its aesthetic appeal. Besides its user-friendly interface, the amplifier contains two speaker units on each side, delivering optimum surround sound from three different directions.
Gimme: $999, authorised retailers.

HOT METAL

TECH YOURSELF

Now that you've got her gifts, it's time to pamper yourself.



RUGGEAR MARINER RG100 PHONE

Why it's good? So what if it's not touch screen? With its impermeable polycarbonate body, the Incredible Hulk of phones promises to be one of the toughest. The water- and dust-proof RG100 is suited for all environments with its ability to operate in -20 to 50 deg C temperatures. Its 600-hour battery standby time isn't too bad either for a 10-day overseas reservist stint.
Gimme: $225, ruggear.com.sg and authorised retailers.

PIONEER GM-D1004 DIGITAL AMPLIFIER

Why it's good? Made for lonesome road trips and trips to the office, Pioneer's smallest digital amplifier produces clear, powerful sound even at high volumes, thanks to its high-power 100W x 4 channels. Its Total Vibration Control feature eliminate audible distortion caused by microscopic component resonance, while an Input Sensor automatically detects an input signal and selects an input mode between the RCA level and speaker level.
Gimme: Price unavailable, authorised retailers.



SJCAM SJ4000 ACTION CAM

Why it's good? The supposed "GoPro killer" strikes another jab in the heart of its opponent with its cheap-but-still-high-tech model. With 1080p, 12MP full-HD video-recording capabilities, take underwater videos like never before. The Wi-Fi feature also allows you to share your footage instantly through your smartphone.
Gimme: $189, qoo10.sg





LG CURVED UC970T ULTRA HD TELEVISION

Why it's good? Who says too much of a good thing is bad? With 3840x2160 resolution In-Plane Switching 4K panels that reproduce "remarkably vivid colours", picture quality has never been better. Adding the curved surface allows for amazing displays from any angle. No more squeezing in the middle of the sofa for the TV.
Gimme: $4,400 (55-inch), $6,299 (65-inch), Best Denki, Courts, Gain City, Harvey Norman, Mega Discount and other authorised retailers.

Snap & Chat



SONY ALPHA 6000 CAMERA

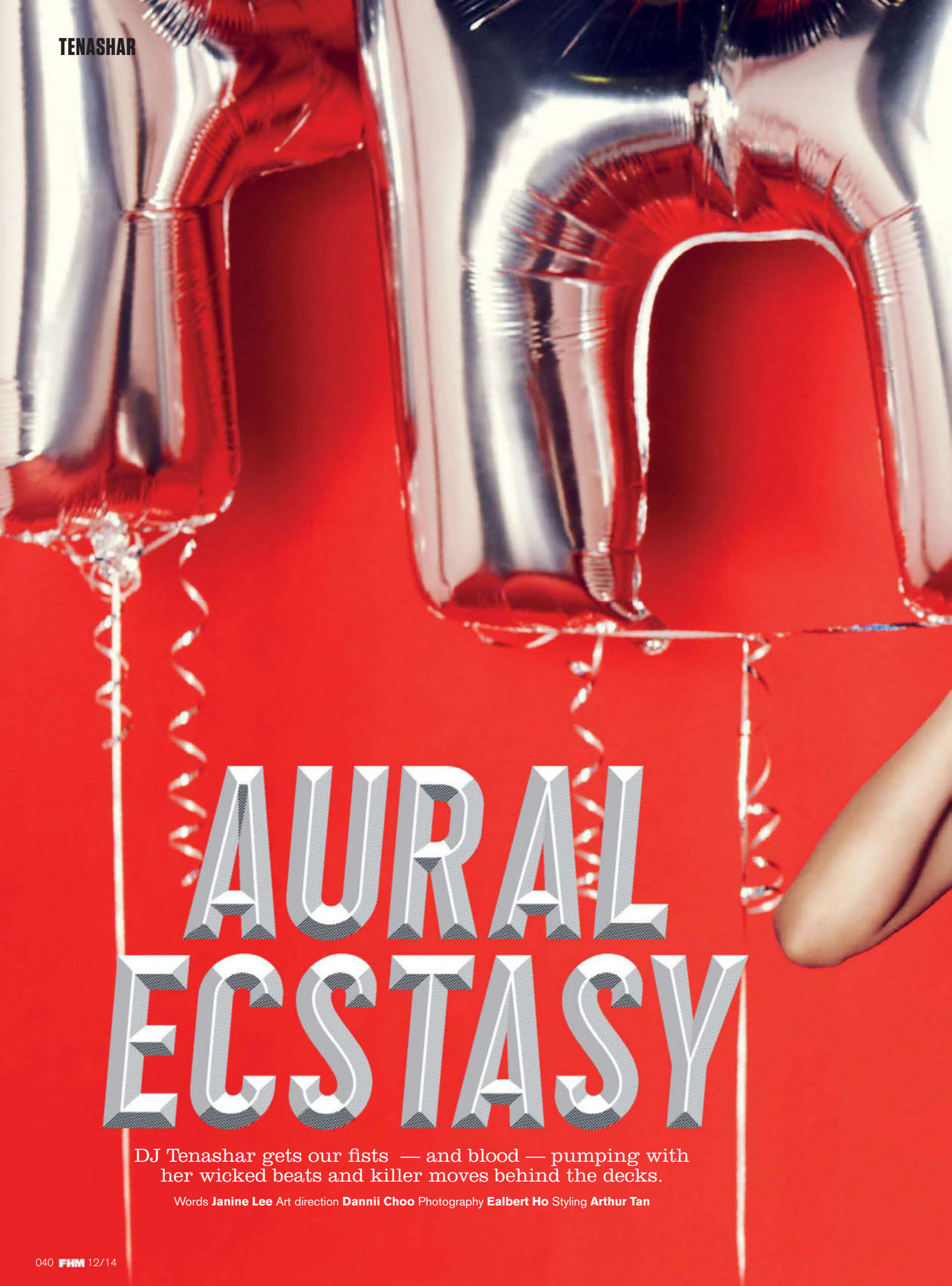
Why it's good? Perfect for men on the go, the latest Sony camera offers 24.3 megapixels of pure clarity. The world's fastest autofocus camera (among interchangeable-lens cameras) lets you take moving shots with accurate precision. Edit your pictures with a wide range of camera applications and your images are set for the world to envy.
Gimme: $849, Sony outlets.

FIIO X1 PORTABLE HIGH-RESOLUTION LOSSLESS MUSIC PLAYER

Why's it good? It's like having a surround-sound system following you wherever you go. This 106g-light music player supports various music formats, offers high-quality amplification and customised shortcut buttons, plus a solid 12- to 15-hours playback time in a single charge.
Gimme: $159, HMV at Marina Square, Jaben, Treoo.com, TwoBros Lifestyle & Gadget stores, Song Brothers, Headphone Gallery, DigiVue, and Farle.



WORDS: EMILLIO RODRIGUES



AURAL ECSTASY

DJ Tenashar gets our fists — and blood — pumping with her wicked beats and killer moves behind the decks.

Words **Janine Lee** Art direction **Dannii Choo** Photography **Ealbert Ho** Styling **Arthur Tan**



NETTED CROP TOP, BY STYLE NANDA FROM I.T. BIKINI BOTTOMS, BY SEAFOLLY.

PHOTOGRAPHY ASSISTANCE: IVAN POH; HAIR: PETER LEE/ HAIRLOOM USING GOLDWELL; MAKEUP: MICHELLE CHIN/9154-0169 USING MAKE UP FOR EVER.



“My fan base started growing because of my music; they didn’t even know what I looked like at first.”

SUNVEST AND BIKINI BOTTOM, BOTH BY SEAFOLLY. HIGH-TOP SNEAKERS, BY LIMITED EDT. SOCKS, STYLIST’S OWN.

OPPOSITE: LYCRA BRA, BY LA SENZA. HIGH-WAIST SHORTS, BY FOREVER 21. 24K GOLD OVER EAR HEADPHONE, BY MONSTER. GOLD CUFF, BY FOREVER 21.

In an industry dominated by testosterone and bros, DJ Tenashar — with her dainty frame, bouncy hair and bright-pink clothes — definitely stands out. It's easy to dismiss her as yet another talentless "model-DJ" who just stands around looking pretty and pressing the "play" button, but there's more to Tenashar than meets the eye. For one, the half-Spanish babe spent her formative years working the nightlife circuit in Ibiza, where she learnt to party and spin like a pro. "I had a lot of DJ friends as well so I just picked it up," she says, matter of factly. "I started pushing out music and was also playing in clubs in Madrid and all over Spain."

Since then, Tenashar has been an unstoppable force in the electronic dance music (EDM) world. Constantly on tour, she's spun for 100,000-strong crowds at international music festivals, has more than 1 million Facebook fans and was the first Singaporean ever to rank in *DJ Mag*'s Top 100 DJs list (in 2013). She's also dropping an album of original tracks early next year. It's hard to argue with numbers like that — there's the no denying this petite DJ has massive appeal.

We heard you moved back to Singapore recently.
I moved back a couple of months ago but I'm constantly spinning and haven't stopped touring in the last two years. I'm practically living out of a suitcase. Every time I come home, it's for a couple of hours — to repack my suitcase — and I'm off again; I hardly see home.

How do you find time to work on your music?
Because of the travelling, I spend a lot of time waiting in hotels, airports and airplanes, and I always have my laptop and headphones with me. Just two days ago, I was on a 20-hour flight to

Germany. Most people watch movies on the plane; I make music.

What does it take to make *DJ Mag*'s Top 100 list?

You need to have a very strong fan base to be on the list. Growing a fan base might seem easy; people think you can just wear skimpy clothes and play radio music, but it's the complete opposite. My fan base started growing because of my music; they didn't even know what I looked like at first.

How has the 2013 ranking affected your career?

In both good and bad ways. Good because it's put me in a position to reach a wider audience and gain more feedback; bad because it's now become like a popularity contest where they chuck you together with celebrity pop stars. That's not really me. I want to step away from lists and publicity, and just focus on my music. I'm a true artist; I love to create visual and aural art.

Does it bother that you're not on this year's list?

I'm totally okay with it. I want to take a huge step back and continue producing my album, and to stay away from publicity for a while. Because I've had so little time, I've only been able to produce mash ups so far. I want to take the rest of this year to produce a strong album and release it in early 2015 — to let my music speak for itself.

What can we expect from your upcoming album?

I'm going in a more vocal EDM direction. I've been working with many rock bands across the world and it's going really well so far.

Who are some of your musical influences?

I started working and collaborating with Italian duo Vinai three years ago. From the time it started till now, I've been a huge supporter. It's had three number one *Beatport* hits and is the biggest thing right now. We were really inspired and I was very influenced by both brothers — Alessandro and Andrea Vinai.

It's easy for haters to target you because of your sexy image. How do you deal with people who call you a "press 'play'" DJ?

Most female DJs who wear skimpy outfits and jump around actually do just only press "play". I have yet to find a skimpily dressed female DJ who actually knows what she's doing. I think I'm one of the only few in the world who dresses however I want to and, at the same time, puts a lot of effort into making sure my mixes are perfect. I don't believe in pre-mixing because that's cheating your fans. The stigma is very strong on female "DJs", and I do understand why haters hate — it's basically true for 99 per cent of female DJs.

Sounds like a tough industry for women.

Geez, I wish I wasn't female! It's extremely difficult because you instantly have this huge stigma over you. For a male DJ, if you produce a song and it's good, people take well to it. However, when I produce a song that's good, people instantly say it's terrible — just because of how masculine the industry is. I'm slowly forcing this to evolve though; I want it to be a bit more equal on both sides. Obviously, ladies need to stop strengthening the stigma, too — but I doubt that's going to happen because that's what they get paid for mostly, right?

Where's the craziest party you've spun at?

Everywhere is crazy! I can go to Italy, China, Malaysia, Thailand, Indonesia, Korea, across the world, and all my fans are crazy!

Do DJs feed off the energy from the crowd?

Of course! If the crowd gives you energy and you give them back, it's just, "boom!" The collision is perfect and you have a great party. I play very big, massive, jumping, crazy music, but if I'm booked for a private party and playing to an older audience, they're not going to be prancing around, so I'm not going to have any energy either. It has to be a balance.



"Most people watch movies on the plane; I make music."



LYCRA BRA SET WITH DIAMONTE STRIPE, BY LA SENZA. SNAP BACK, BY 77TH STREET.

What's the weirdest thing a fan has thrown at you while you were spinning?
A guy came up to the console, threw money at me and shouted, "Can you play this song?" I threw it back at him and shouted, "No requests, man, I'm not a radio station!"

Is there any song you refuse to play?
Plenty. Anything you hear on the radio that's extremely mainstream like Justin Bieber or Lady Gaga. The stuff I play, you'd never hear on the radio, except for the rare couple of EDM tracks that break out into the mainstream because they're so massive.

So having your own songs played over radio isn't a personal dream?
Despite what I think, when my album comes out, it's probably going to happen.

With kids overdosing at music festivals around the world, what's your stance on the drug issue?
Anyone who takes drugs knows they are illegal and bad, and that they can die if they don't understand what they're taking. You can also get conned by people selling you bad stuff, which is even worse. If you're smart enough, you'll know the consequences and want to stay legal, and just get really drunk instead.

What is always on your rider request?
Vodka! I walk into a club and the first thing I ask is, "Where's my vodka?" That's pretty much it.

When's your next gig in Singapore?
I don't know if I'll be around Singapore much. I currently have a monthly residency at Colosseum in Jakarta (the biggest club in Indonesia). I can't afford to do any other residencies because if I commit to that, I lose out on touring and the many opportunities to spread our Singaporean influence. In fact, I travel so much I have trouble keeping track of my schedule. Sometimes I turn up at the airport not knowing where I'm flying to. Check my Facebook page if you want to know where I'm spinning next. **FHM**





V-NECKED BLING KNIT TOP, BY LIU.JO. LYCRA BRA AND SHIMMER THONG, BOTH BY LA SENZA. DIAMONDZ BLACK HEADPHONES, BY MONSTER.

OPPOSITE: CROP CARDIGAN AND HIGH TOP SNEAKERS, BOTH BY LIU.JO. SHIMMER BRA SET, BY LA SENZA. SNAP BACK, BY 77TH STREET.

"A guy came up to the console, threw money at me and shouted, 'Can you play this song?' I threw it back at him and shouted, 'No requests, man, I'm not a radio station!'"





FHM's guide to

THE ULTIMATE HOUSE Party



Helping people throw epic bashes since 1998.

Words **Janine Lee, Timothy Wee, Emillio Rodrigues** Illustrations **Lee Yen Yok**



From the hedonistic soirees by the great Jay Gatsby, to the alcohol-fuelled blowout by the crazy kids in *Project X*, throwing a wicked party is the kind of thing that turns you into a legend. It's a daunting task if you don't know where to start, but do it well and your friends won't be able to stop talking about it for the next year. After months of intensive research (read: Excessive drinking), we've pooled our knowledge to write this article just in time for party season.

Covering everything you need to know, from pre-party preparation to what to do when the cops show up — and they probably will if your party is any good — *FHM* presents our definitive guide to planning the year's most awesome bash.



PHOTOS: CORBIS & TPG IMAGES/CLICKPHOTOS



DRINKS

It is not an understatement to say that drinks — more specifically, alcoholic drinks — are the fuel for any successful house party. (*We cannot stress the importance of being adequately stocked.*)

Be bold and set up a makeshift bar that will allow guests to concoct their own drinks. This will loosen them up — and it beats doing Jagerbombs all night. You might burn a few extra dollars on booze but you can't put a price tag on fun.

Don't forget to stock up on mixers and non-alcoholic beverages. Be inclusive as there are always some non-alcoholics at every party.

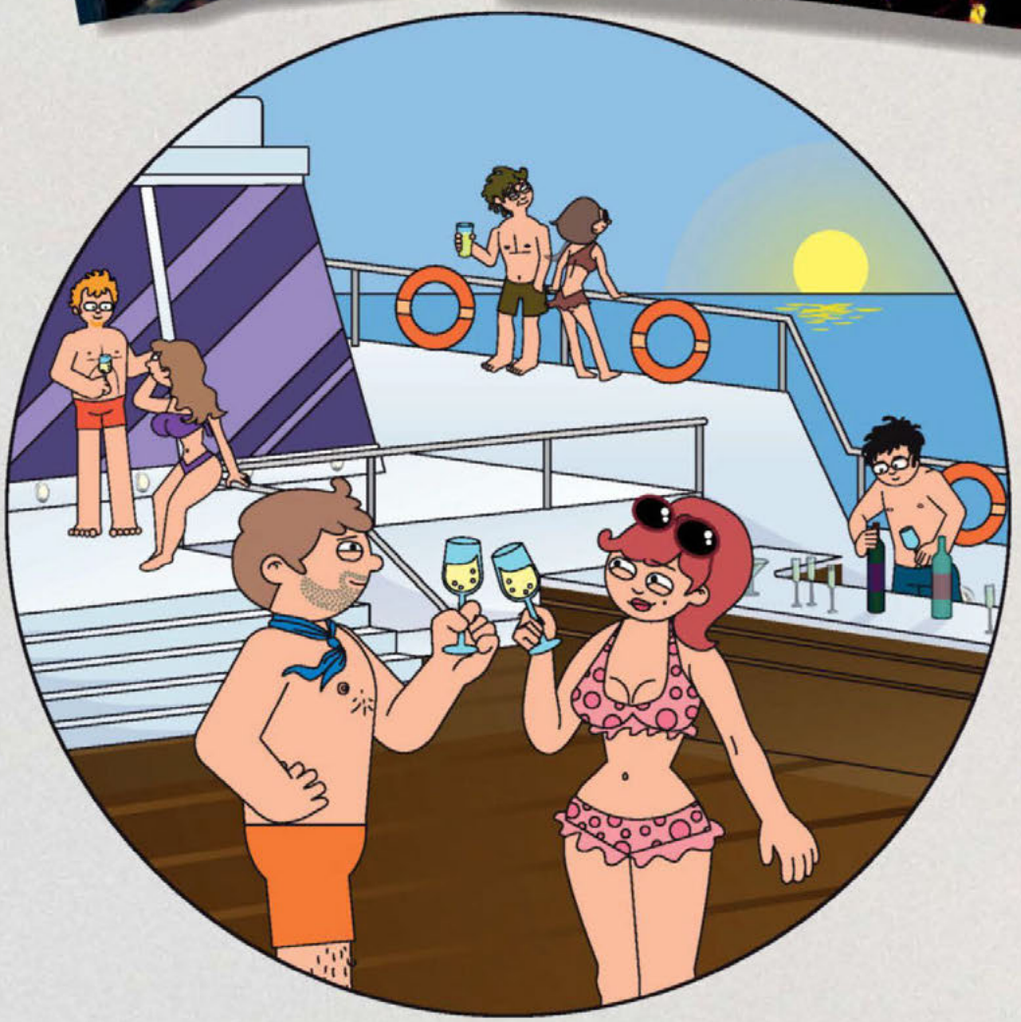
If you have the luxury of time but limited funds, we suggest you make your own booze. Hop online for alcohol-making kits. Beer lovers can check out Brooklyn Brew Shop's beer-making kits available on HipVan (*hipvan.com*). After all, if the Americans can make moonshine in their bathtubs during the Prohibition era, how difficult can it be really?

Alternatively, if you're just plain lazy, go with an alcohol potluck. This is the time to rally your guests' collection of duty-free bottles. But be prepared for weird contributions like crappy-tasting schnapps.

If you've got cash to burn: Why do the work when someone else can do it for you? Sit back and let an alcohol-delivery service handle the nitty-gritty.

Dial Alcohol Delivery up at 9244-5533, or order online at alcoholdelivery.com.sg. If you want to spoil your guests silly, go all out and hire a mixologist from atas *bars such as The Library, Operation Dagger or 28 Hong Kong Street.*





PARTY CENTRAL

As with everything in life, it's all about location, location, location. Every house party needs a memorable venue in order to get started and you don't expect people to party in a dump.

Besides, being the first thing on your list, your choice of party venue will also create an important first impression on your guests. Trust us, this is probably the most accurate party impression — considering alcohol will render all subsequent opinions invalid.

Plus, your choice of party venue is a reflection of your personality. Online music portal, Bandwagon founder, Clarence Chan, suggests going with out-of-the-box venue ideas to make it the ultimate house party for all.

Choose somewhere spacious — say a palace! Located off Holland and Tyersall roads, Istana Woodneuk is the abandoned royal palace of Johor Sultan Abu Bakar ibni Daing Ibrahim. Not only is the place spacious, it certainly adds some grandeur to your party. On the flipside, you will probably need to bring your own power generators and outrun any patrolling security personnel. But since Istana Woodneuk is abandoned, there is no fear of clean up the next day!

If you've got cash to burn: Flushed with the notes? Then it is time to celebrate and roll with the high rollers. When money is no object, who says that a house party has to be on land?

Make it a mobile party and charter a luxury yacht for you and your guests. Get the party started by popping some Cristal as the party boat sails into the sunset looking for nearby beaches.

For more information on yacht rental, check out Lloyd Marine at lloydmarine.com.

DAMAGE CONTROL

You can't always control how rowdy your guests get, but you can minimise the damage caused. The first step is simple but often overlooked: Extend invitations to your neighbours. Hopefully, they'll interpret this as, "Please be out of your place at this time" or "Don't call the police when it gets loud 'cos we've given you fair warning".

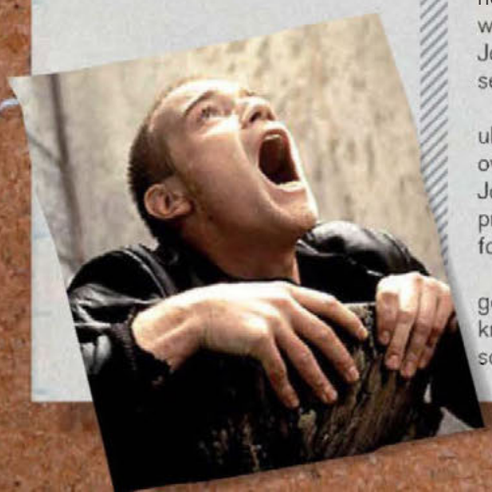
They probably won't show up, but making them feel special by inviting them will go a long way in ensuring they don't do anything nasty like post your pictures online.

Secondly, don't get too drunk. We know it's your party and you can get sloshed if you want to, but a lot can go wrong when the host has had one too many tequila shots.

From unintentionally offending your guests to getting aggressive with a complaining neighbour to losing control of the party, acting like a drunken monkey is not in your best interests. Ration your liquor intake and save crazy for a party at someone else's place.

Lastly, handle complaints like a gentleman. If all else fails and the police come knocking, remember it's your ass on the line.

Tell your guests to behave, be polite and, most importantly, turn that s**t down. Speaking in coherent sentences and being cooperative will also make all the difference between getting off with a verbal warning and being slapped with a $1,000 fine. Or worst: Your precious high-end audio equipment confiscated by the men in blue.



Random Fact

Adding carbonated mixers to alcohol gets you drunk faster.



PORTABLE RELIEF

Finally. You got the keys to your dream apartment. After forking out a ridiculous price for a place to call your own, the last thing you need is a clogged toilet from the house-warming party. This is where we take a leaf out of Johnny Drama's book from TV series, *Entourage*.

Attempting to throw THE ultimate party, first-time house owner and germaphobe Johnny Drama locks his pristine bathroom up and opts for portable toilets instead.

Now, this is a stroke of genius. No one wants to be knee-deep in puke and scrubbing your floors with industrial cleaning chemicals, and porta toilets make all that hassle go away. Besides, if you can fit a buffet spread in the HDB corridor, you can definitely squeeze in a couple of porta toilets there.

If you have been to outdoor events, it is safe to assume that you will know how a basic porta toilet looks like. One toilet bowl, sink and faucet; that's all you get. And, get ready to pump your water manually by foot.

For more information, call Porta Pumper at 67754466 or visit portapumper.com.sg.

If you've got cash to burn: As the only six-star porta toilet around locally, you are getting the final word in luxury toilets with The Luxury model. Imported from the US, this behemoth of a loo is specially decorated for a cosy feel. If the décor doesn't brighten up your night, then the automated air freshener, toilet-seat sanitiser and jumbo toilet roll definitely will.

Plus, it's definitely big enough to hold a mini-party for two.

The Luxury porta toilet is also available from Porta Pumper.

FOOD

Nothing says, "Welcome to my humble abode," like a nicely setup buffet spread of home-cooked food.

No one's asking you to serve a seven-course Michelin-star meal, of course, but whipping up something in the kitchen is a great way to show your guests that you care while also saving on cost.

Finger food is the way to go for any house party. No one's going to be walking or standing around, while eating a plate of medium-rare steak and roasted potatoes.

Getting disposable cookware helps, too. You wouldn't want to be cleaning a sink full of dishes on a hangover.

And make sure you have plenty of cups, cutlery and plates for those annoying guests who keep changing their disposable ware after every drink or serving.

If you've got cash to burn: If you don't want to be slaving away in the kitchen for an entire day, getting your party grub from a caterer works just as well.

Choose from a variety of caterers, from Mad Jack (*madjackcafe.com*) to Stamford Catering (*stamfordcs.com.sg*), based on what your party requires. Prices for a buffet extravaganza can range from as low as $5 to as high as $25 per person.

To glam up your evening and show your guests that you really care, splurge on a three-course set that includes appetisers such as caviar, finger food and deserts like crème brûlée.

Pay a little extra and bring the dining experience up a notch by employing waiters to serve and man your buffet spread.





$75,000

MOOD MUSIC

Music sets the tone for any party and makes your alcohol-fuelled dancing 10 times more fun. If your music sucks, your party will suck, too — no exceptions to this rule.

There are a few ways you can set up your tunes; the simplest will be to connect your laptop or phone to portable speakers.

If you don't have the time to curate a playlist, visit Soundcloud.com and line up a bunch of pre-mixed DJ sets. It's fuss-free and will sound like you're at a club.

That said, having a proper console and a homie who knows their way around the decks will take your party to the next level. According to Keith Tan, production coordinator at The Republic Cultural Centre, "When it comes to equipment rental, the size of your venue determines the number of speakers and subwoofers you need. A 2.1 setup (two speakers and a subwoofer) is good enough for the size of a hotel room, but you can scale up accordingly".

Tan also recommends renting personal equipment from independent parties to save cost. "I usually rent from my audio-engineer friend. You can also find equipment for about $300 a night on forums like Hardwarezone.com.sg, or Carousell.co." Compared to commercial companies like Luthermusic.com that charges around $900 a night for similar equipment, we're inclined to agree.

If you've got cash to burn: Instead of pressing "play", why not hire the damn band? Booking agency Dedgy Entertainment has a list of rates for over 500 artists including rock bands, indie acts and celebrity DJs.

Have Steve Aoki jumping on your bed for US$75k; Arcade Fire rocking out in the backyard for US$150k; or Kanye West making inappropriate comments to your guests for US$600k. Note: Fees exclude cost of damages you'll face when the entire neighbourhood shows up at your party.





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PHOTOS: CORBIS & TPG IMAGES/CLICKPHOTOS

GUEST LIST

A mix of the right guests is an essential part of the party. You'll need the right blend of spontaneous, fun-loving people to get the ball rolling; cautious, neat freaks to help with the cleanup after everyone has left; and a few of your buff gym-rat friends in case things get out of hand.

This sets your mind at ease while allowing you to kick back with a beer and mingle with your guests.

Your party is also a great way for you to get to know your neighbours. Inviting them serves as a kind gesture and they might be useful the next time that overly attached ex-girlfriend comes banging on your apartment door with a sledgehammer.

If you've got cash to burn: Hire a celebrity (or Johnny Depp double) to grace your party.

Invitation cards are the way to go if you want a huge turnout for your event. Get classy by mailing your cards out to show exactly how important your guests are to you. No one takes Facebook invites seriously.

You might also want to turn your home into the Playboy mansion and channel your inner Hugh Heffner, because nothing draws in the crowd like hot girls. If you can get our *FHM* Models to show up, you'll officially be the best wingman in town. But that's a really big "if".



Check List

- **Venue** Is there enough space?
- **Music** Turn up the bass.
- **Alcohol** Ensure you have plenty.
- **Theme** Remind your friends.
- **Food** Chips, dip and pizza.
- **Protection** Lock your valuables away.
- **Guest List** No violent drunks or exes.
- **Decor** Dance floor & disco lights.
- **Exit Strategy** In case you need to shut the party down!

MAKE IT SHINE

Give your guests adequate breathing room by ensuring you have plenty of space for your party.

Depending on the number of people you're inviting, shift or store furniture so your guests do not need to squeeze past each other while moving around the party.

If it's a themed party your organising, decorate your crib to match. All you need is a couple of simple props from an art supplies store, along with a little creativity.

If you've got cash to burn: Think big. Think of every *Hangover* movie you've watched and that's exactly how your kick-ass party should look like.

Makeshift podiums, dancing poles, disco lights, hot dancers – all of it. Even a tiger, if you can! Pictures are what everyone's going to take home from your party and you want them to look phenomenal.

Get a house-party package from super-venus.com for $288. It includes lasers and a fog machine among other delightful items. **FHM**

MAI, OH, MAI!

Japanese adult-actress-now-DJ Mikuni Maisaki proves to be a double treat, as she rouses fans both in front of the camera and behind the decks.

Words **Timoty Wee** Art Direction **Pyron Tan** Photography **Kelvin Chia** Styling **Artur Tan**

Just two years into her acting career, 23-year-old Mikuni Maisaki has moved on to another area of entertainment — DJing. While the two disciplines require different skills set, both need an audience. And the voluptuous C-cup hottie definitely has quite a few.

In town for a one-night-only gig at the Haru lounge, *FHM* had the privilege of directing her in her first local-magazine spread. And what a breeze it was, as Maisaki worked the camera effortlessly with her playful demeanour. Keeping our concentration firmly where it mattered, we slipped behind the DJ booth after the shoot for a little one-on-one face time with the Japanese sex bomb.

What do you like about DJing?
I love a good party and I really adore the crowd. There is a sense of togetherness among party goers.
Was it difficult making the transition from acting to DJing?
Yes it was difficult because anything can happen when I'm spinning. Sometimes, the music might just stop due to computer error. Though unexpected things also occur during filming, they are never that abrupt.
Does it help being a DJ with a pretty face and a gorgeous figure?
Oh yes, it definitely helps to draw more fans to my gigs.
Who is more demanding: The video or clubbing audience?
I've never thought my audience is demanding. In fact, the crowd always seems very supportive of me.



MAXIMIZER BRA SET AND CRYSTAL BRA STRIP ACCESSORIES, BOTH BY TRIUMPH.

PHOTOGRAPHY ASSISTANCE: IVAN POH; HAIR: ESTHER CHUA/ STUDI@PE. MAKEUP: HONGLING/9455-8681 USING LANEIGE. LOCATION: HARU NIGHTLIFE RESTAURANT.



PADDED PLUNGE BRA SET,
BY CHALONE.



What do your fans do other than send you love notes?
Once, I was working at an event and was just standing in one spot when, all of a sudden, a fan popped up right in front of me!
How do you feel about your first Singapore gig at the Haru lounge?
I'm actually pretty honoured to spin at the Haru lounge. I always look forward to meeting new people, especially my fans.
Your most memorable set?
A gig in Roppongi, Tokyo. The turnout was massive.
Do you have any lucky charm when you're spinning?
My headphones; I need them whenever I'm behind the decks.
Who are your musical idols?
Hotaru Akane — she was also an AV actress who went into DJing. I have the utmost respect for her.
Describe your ultimate party.
I'd fly my guests to one of the remote islands in Japan for a beach party.
We hear you enjoy *karaoke*. What is your quintessential *karaoke* song?
I usually sing *Seasons* by Ayumi Hamasaki. But that's because it is my highest-scoring *karaoke* song ever!

What music genre do you enjoy listening to?
I like Japanese reggae music very much.
What music turns you off?
I can't stand loud and jarring music like heavy metal.
Your favourite word?
"Respect".
What turns you on creatively and emotionally?
Sports — I like to hit the gym and work out.

"I really have a thing for men's hands. I like a big, silky-smooth pair of manly hands."

What other profession would you like to try?
I'd like to be an entrepreneur. I'm thinking something along the line of fashion.
As a DJ, you move the dance floor. In the bedroom, do you control the tempo, too?
I like to be in control… But only because that's what turns me on.
Tell us your secret fetish.
I really have a thing for men's hands. I like a big, silky-smooth pair of manly hands.
Name your erogenous zones?
Ears — it feels really good to be touched there.

We hear you are quite the cook. So if you had to whip up something for us, what dish would you prepare?
I'd cook homey Japanese comfort food like *tamagoyaki*. It's a grilled Japanese omelette and is quite easy to make.
We're thinking of getting some saucy lingerie for our ladies this Christmas. What should we look for when buying a set?
I like putting on sexy lingerie; I'm not a fan of cutesy underwear. So I'd recommend my favourite lingerie range — Salute by Wacoal.
Have you been a good or bad girl this year?
I've been a very good girl! I'm keeping my fingers crossed for Santa to bring me my favourite Cartier diamond watch.
If you had a time machine and could travel back to meet your 18-year-old self, what would you say to her?
I'd tell her to study harder. It pays off in the long run.
Where would we see you five years down the road?
Honestly, I have no idea. I usually just go with the flow.
How would you like to be remembered?
As a cheerful person who brought a smile to others.
Tell us something we don't know about you.
People think I'm the aggressive type in bed, but actually there have been times when I wished the other party would just take over the reins. **FHM**



LYCRA BODYSUIT, BY MARCIANO AT GUESS. CRYSTAL PENDANT NECKLACE, BY GUESS.


“I want to be remembered as a cheerful person who brought a smile to others.”





MESH BRA SET, BY VALISERE AT TRIUMPH. NECKLACE, BY NINE WEST.

"People think I'm the aggressive type in bed, but there have been times when I wished the other party would just take over the reins."

HOW TO REALLY SURVIVE AN APOCALYPSE

THE END IS NIGH (ACCORDING TO THE MOVIES, AT LEAST). WE CALLED IN THE EXPERTS AND FOUND OUT HOW OUR KNOWLEDGE OF ACTION FILMS WOULD ACTUALLY SERVE US IN THE EVENT OF ARMAGEDDON.

Words **Mike Rampton** Photography **Agata Pec** Illustrations **Tom Ashton-Booth**

ROBOTS GAIN SENTIENCE AND DESTROY/ENSLAVE US

AS SEEN IN: *Terminator 2, Battlestar Galactica, The Matrix.* Robots originally built to help humanity (the word "robota" means "work" in Czech) reach a point where they are intelligent enough to turn on their creators and do so, bloodily. It's generally left to a rag-tag group of photogenic survivors to overthrow their metallic rulers in a way that uses very human concepts like love, teamwork and one-liners.

EXPERT ADVICE: It feels like we're a long way off Judgement Day, but are there people-killing automatons out there? "The biggest concern for me is humans delegating decisions about killing to dumb machines," says Professor Noel Sharkey, chairman of the International Committee for RobotArms Control (ICRAC). "Several hi-tech states including the US, UK, Israel, China and Russia are developing fully autonomous robot platforms. The Campaign to Stop Killer Robots is working hard through the UN to try to get an international, legally binding instrument to prohibit these weapons before there is an arms race that leads to the full automation of warfare and the slaughter of humans by self-governing machines."

HOW CAN I HELP MY CHANCES? You can join Sharkey's campaign at stopkillerrobots.org or simply move to a country no one would ever attack. Such as Tonga.





A TERRIFYING SUPER-DISEASE SPREADS ACROSS THE GLOBE AND KILLS EVERYONE

AS SEEN IN: *Outbreak, 28 Days Later, World War Z.*
A mysterious, highly contagious illness spreads throughout the world faster than anyone can cure it, contain it or control it. One coughing douche in a cinema unwittingly infects everyone else, and society breaks down leaving only vigilant survivors.
EXPERT ADVICE: With the ongoing Ebola scare, surely we're not far off a nasty-ass kind of hyper-disease, an EbolAids that'll kill us all in a few days, leaving only a few survivors in Bane masks? Probably not, reckons Professor Michael Malim of the Department of Infectious Diseases at King's College, London. "An epidemic killing us all is not impossible, but it's unlikely," he says. "The surveillance and detection of infections, isolation of at-risk patients, transport control and global communication mean that even highly virulent infections will be brought under control quickly." **HOW CAN I HELP MY CHANCES?** So it's time for the army to don sinister Hazmat suits, round up the infected and set fire to them? It's not that simple. "Far more damaging than Ebola and sars – both diseases whose manifestations of infection are obvious – are viruses that are more insidious, in that they take many years to manifest," says the professor. "When people don't know they're infected, the infection is passed on unknowingly." So we're doomed? "No. Just wear a flu mask." Ideally everyone would follow this sensible advice, but we don't live in an ideal world, as evidenced when an epidemic called "Corrupted Blood" broke out in the online role-playing game, *World of Warcraft*. Long story short – nobody was sensible and the digital disease ravaged the world.

THE RAPTURE COMES AND THE UNWORTHY ARE LEFT BEHIND

AS SEEN IN: *This Is The End, Left Behind.*
Jesus decides one day to take the righteous people of Earth up to Heaven with him and leave the unworthy ones behind (Old Testament, 1 Thessalonians 4:13-17).
EXPERT ADVICE: There are certain problems you don't want to talk to men of the cloth about and some that only a man of God will hold the answers to. "The Rapture is a response to various human fears," says Reverend Ray Andrews. "The fear of death and of not being in control. Being on the right side is appealing. Most of us are human messes of good and 'bad'. But if we believe that only the perfect are Raptured, we either become intolerably self-righteous or live with the burden of being imperfect."
HOW CAN I HELP MY CHANCES? In the movies, everyone manages to redeem themselves by being good. If the Rapture was imminent, would chucking a few notes in a charity box help? Father Ray doesn't think so. "What can you do when the Rapture comes?" he asks. "Crack open a good wine, put on your favourite album and hope that Jesus saw your best bits."



WE RUIN EVERYTHING BY CHANGING OUR CLIMATE

AS SEEN IN: *Waterworld, The Hunger Games, Avatar.*
Burning fossil fuels leads to global warming, which leads to melting polar ice caps, which leads to rising sea levels, a messed-up world and Kevin Costner drinking his own piss (well, in *Waterworld* at least).
AN EXPERT SAYS: So it turns out this isn't that far-fetched at all. Professor Bill McGuire says, "The latest research suggests that if we burn all fossil fuels — and given current trends, there is no reason to think we won't — the planet's average temperature will climb from around 14 deg C to 30 deg C. A December day would perhaps be 38 deg C."
HOW CAN I HELP MY CHANCES? What about building a little survivalist boat and sailing the seven seas, scavenging and experiencing high adventure? "No," says McGuire. "The planet will be uninhabitable by humans. Daytime temperatures while sailing in your boat could reach 60 to 70 deg C or more. Sea levels would rise by up to 70 metres. That is an extinction-level event." So are we screwed? Not quite. Get your arse to Nuuk. "The 'safest' places would be at high latitudes and high elevations — like Greenland," says McGuire. "Such regions could only, however, support a tiny fraction of the current global population." Last one to Greenland's a rotting corpse!

ALIENS INVADE AND DESTROY/ ENSLAVE US

AS SEEN IN: *War Of The Worlds, The X-Files, Independence Day.*
Some form of extraterrestrial life rocks up on Earth. It hasn't come in peace and starts blowing shit up with lasers, enslaving people and performing bum-bum probes.
EXPERT ADVICE: Nobody knows more about this kind of stuff than Fox Mulder out of *The X-Files* who, despite being fictional, occasionally dealt with the very real Mutual UFO Network (Mufon), the world's leading extraterrestrial research group. "It's always good to hear that someone is taking this subject seriously," says Chris Munns, UK director of MUFON (we didn't use the phrase "bum-bum probes" when we spoke to him). "However, as a scientific organisation, I don't feel we would want to suggest ideas of what extraterrestrial life might be like, should it even exist at all."
See, that sounds exactly like what someone under alien mind-control would say…
HOW CAN I HELP MY CHANCES? Apparently they're already here. Avoid any fuss by cheerfully offering yourself up for probing at the earliest opportunity.

A GIANT ASTEROID WALLOPS THE SHIT OUT OF US

AS SEEN IN: *Armageddon, Deep Impact.*
Big asteroids slam into the Earth, either completely destroying it or ravaging life through a combination of earthquakes, tsunamis and dust clouds. They've hit Earth before — that's why so few of us have surnames ending in "-saurus".
EXPERT ADVICE: Dr Francisco Diego, senior research fellow at the Department of Physics and Astronomy at University College London, says, "It would take an object the size of the moon to completely destroy the Earth, but the asteroid that wiped out the dinosaurs and 70 per cent of all life 65 million years ago was only 10km wide. A similar impact would destroy the top of the tree of life, including ourselves."
HOW CAN I HELP MY CHANCES? What if — get this — we're just a long way away from where the asteroid hits? "That won't help," says astronomer Mark Duwe. "If something larger than 1km hit, it wouldn't matter where you were. You'd either die in the initial explosion or die off due to cold or lack of food. You'd last longest on the other side of the planet, but the resulting climate catastrophe would kill you eventually. Debris thrown into the atmosphere would cause a nuclear winter; temperatures would drop globally, sunlight wouldn't get to the surface and most life would die out." Okay, but we could drill a hole in the asteroid, put a bomb in and rejoice? "Blowing up an asteroid only multiplies the number of collisions," says Dr Diego. "Fragments would still be large and catastrophic. Orbital deflection is the safest option." One potential way to do this is to "park" small drones on the asteroid (with a few decades notice ideally) with ion engines on them — they'd produce a tiny amount of thrust that, over time, could slightly divert the asteroid's trajectory so it would miss us.

A CATACLYSMIC EVENT PLUNGES US INTO A NEW ICE AGE

AS SEEN IN: *Snowpiercer, The Day After Tomorrow, Sunshine.*
Various scenarios both natural and artificial, send the Earth into a sub-zero existence of shivery misery. It's like Narnia but without any of the fun beavers, valiant lions or delicious Turkish delight.
EXPERT ADVICE: Are we going wake up one day freezing our balls off? Like, literally so cold that all of our balls just fall off? "We are due a new ice age in the next few thousand years," says Professor Bill McGuire, author of *Waking the Giant: How a Changing Climate Triggers Earthquakes, Tsunamis, and Volcanoes.* "One thing that could happen is that a volcanic super-eruption results in a global freeze that may lead to a failure of the global harvest for a year or two. The freeze that follows super eruptions results from the huge volumes of sulphur gases pumped into the stratosphere. These absorb and reflect incoming solar radiation, thereby cooling the Earth. With some countries only having about a month's worth of food at any one time — in shops, warehouses and so on — it would soon be a free-for-all. Ironically, global warming increases the chances of such an eruption occurring."
HOW CAN I HELP MY CHANCES? Ignore the Met Office's advice about properly insulating your home. No amount of fibreglass is going to keep the marauding, starving hordes of raiders out of your KoKo Krunch. The professor's advice? "The best practical advice I could offer would be to get a gun, learn how to use it, band together, commandeer an un-looted supermarket and stay there," he says. You heard the prof: time to tool the f**k up.





EVERYONE NUKES EVERYONE

AS SEEN IN: *Dr Strangelove, Mad Max, The Book of Eli.*
Arrogant global superpowers get involved in a dick-swinging contest of one-upmanship that leads to a giant nuclear war. Millions die, those who don't are mutated.
EXPERT ADVICE: Is there anyone right now aiming a massive nuclear weapon at the *FHM* offices, and if so, who? "The only potential aggressor against the UK with nuclear weapons would be Russia," says Dr Peter Gray, director of the Centre for War Studies at the University of Birmingham. "The chances of these weapons falling into rogue hands are pretty small, and if relations with Russia reached the point where they were prepared to use weapons, we'd know about it." Dr Gray sees dirty bombs, where radioactive material is put into an ordinary explosive mix, as more likely. "The technology involved in putting a genuine nuclear weapon together is complex, but a radiological dirty bomb represents a threat as the materials are readily available. I'd say there was a 70 per cent chance of one being used in the next 10 or 20 years."
HOW CAN I HELP MY CHANCES? "The standard Nato response during the Cold War was that in the event of a nuclear attack, curl up under a table and kiss your arse goodbye," says Dr Gray. "Unless you've got access to really deep bunker facilities, you're stuffed." There's an MRT station near the office — we'd be safe as houses down there, right? "Nope," says Dr Gray. "The fireball would remove all the oxygen from the surrounding areas and you'd instantly suffocate." Could we just hop on a train and go up North? "Depends on the scale of the attack — if it was a small one, getting out the city would help. If it was a full-scale armageddon, where the fabric of civilisation would be destroyed, it's not survivable." Great. Have a nice afternoon, Dr Gray, you've ruined ours. **FHM**

APOCALYPSE–PROOF YOUR KITCHEN

"Preppers" are people who prepare for disasters by maintaining a store of everything they'd need in the aftermath of some big-boy shit going down. The team behind The UK Preppers' Guide (ukpreppersguide.co.uk) told us their store-cupboard essentials:

1. RICE
"This has been a mainstay for millions of people for thousands of years. It's widely available, very cheap and great for storing."
Shelf life: 25-30 years

2. BEANS
"An essential (survival food) — it's best to buy dry, uncooked ones. They're inexpensive and very high in protein."
Shelf life: 5 years

3. FLOUR
"It's versatile and cheap. Mixed with water and left outside to gather wild yeast in the air, it can be made into a fried bread very easily — a great sustenance survival food."
Shelf life: 2 years

4. CORNMEAL
"This is probably the least thought of by non-preppers, but it can be added to water and made into bread, and then used as a breading mixture for fish or other meats."
Shelf life: 6 months

5. CANNED VEGETABLES
"Fresh vegetables will only be available 'in season' so canned vegetables are vital to store."
Shelf life: 3 years

6. CANNED MEATS
"This is one of the more expensive survival products, but the protein contained makes it very important."
Shelf life: 5 years

7. PEANUT BUTTER
"This isn't the cheapest item, but it's versatile and high in protein."
Shelf life: 2 year

8. CANNED FRUITS
"Canned fruit contains essential natural sugars."
Shelf life: 2 years

9. PASTA
"A very low-cost survival food — pasta is full of carbohydrates and is considered an essential part of a prepper's food storage."
Shelf life: 5 years

10. OATMEAL
"Oatmeal is a great bulking food and very cheap. It's filling, versatile, easily stored and comes in lots of varieties."
Shelf life: 3 years

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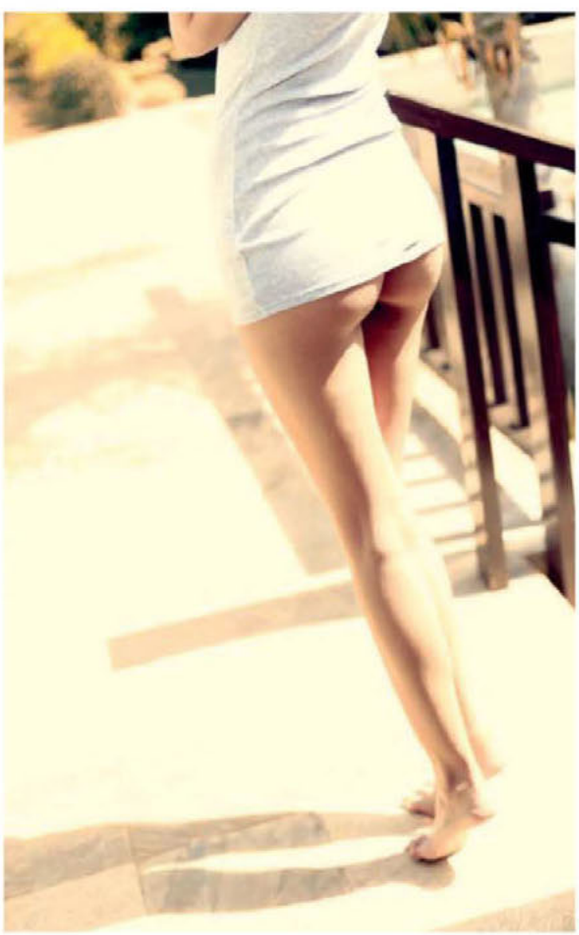
Keep your physique in check and Filipino-Malaysian model Nicole Alexandria might just be willing to go strolling on the shore with you.

Words **Pong Castillo** Photography **Ejay Leung/Midnight Bonkers** Styling **Debra Bernales**



HAIR: RHOY CERVANTES USING L'ORÉAL PROFESSIONNEL; MAKEUP: AMANDA PADILLA USING MAYBELLINE; SPECIAL THANKS TO MICO GUTIERREZ.





It would be quite wrong (and a tad metrosexual) to tell you that it wouldn't pay to work your ass off in the gym for those Ronaldo-worthy abs — especially if said toned torso might warrant you the chance to take model Nicole Alexandria for a stroll on the beach.

"Tanned and toned guys who carry surfboards are hot!" she says, when asked about what kind of beach bum she would most probably remove her swimsuit for. If pumping iron and an ass-load of crunches seem tedious, though, Alexandria also appreciates days of playing video games, or a glass — or two — of her favourite Filipino cocktail, Wengweng (a potent mix of Scotch, brandy, rum, bourbon, vodka, tequila, orange juice, pineapple juice and grenadine).

She's a surfer, gamer and self-confessed romantic. We say if you ever bump into her walking down some pristine beach, hide that beer gut, arm yourself with some video-game knowledge and offer to buy her a drink. She just might be willing to take that stroll with you.

You started your modelling career in Malaysia as a wholesome 15-year-old. Was it difficult for you to shift to sexy photo shoots?
I like sexy shoots better. It's more my type. I like flaunting my body.
If a gutsy admirer takes you on a date, would a trip to the beach work?
Yes, it's so me! I also surf so I'm totally game for this environment.
You don't mind getting wet, then?
Not at all! I like getting wet!
How did you get into surfing?
A year ago, a friend took me to Quezon. He's a surfing coach, so I learned from him. I instantly loved it!
Then you're the perfect beach buddy. Any other hobbies?
I'm trying to get into basketball because my boyfriend is a basketball player…but the only thing I like about it is playing *NBA 2K14*, haha! I'm a gamer, and I like playing video games with my guy.
You're the ideal girlfriend then. Has gaming ever been an issue in your relationship?
I can relate to guys who are addicted to video games… But it's good to put a limit on your gaming so you can devote time to people. I get why girls are irritated by it. Just put a balance between your gaming life and personal life.
Who would have the biggest chance with you at the beach: A surfer, diver or lifeguard?
Surfers, of course! Tanned and toned guys who carry surfboards are hot.
What's the perfect beach getaway?
Take me to a faraway beach with just the two of us. It would also be nice to have a massage by the shore as the sun sets.
Sounds romantic.
Yes, I'm romantic.
But can we also take you out for a few drinks? What's your favourite?
Blowjob! Haha! No, just kidding. I'm okay with a Wengweng!
Say, you're drunk on a beach, what would you most likely end up doing: Sunbathe topless, skinny dip, or kiss a stranger?
Hell no, I would never kiss a stranger! Haha! But if I'm really, really drunk, and he's a cute stranger, why not? Haha!
Beaches are almost always crowded. How do you stand out?
I wear bikinis that flatter my cleavage. I like my boobs: They're natural, perky, and they're nice! I consider my boobs my asset. I get a lot of compliments on them. **FHM**







TOP BY STOKED,
INC. CAP, BY
LE COQ SPORTIF.



"Tanned and toned guys who carry surfboards are hot."

SWIMWEAR, BY RIP CURL. CAP, BY LE COQ SPORTIF. BOARD SHORTS, BY RIP CURL.




USE
ESS

CAN FHM PARTY HARD WITH THE

DANCE-MUSIC GOD?

We experience life after Swedish House Mafia with dance's insomniac tastemaker king.

Words **Jordan Waller** Photography **Tom Barnes**

IT'S ALMOST 2AM AND WE'RE SAT OPPOSITE STEVE ANGELLO ON HIS PRIVATE JET. Fresh from closing the Radio 1 stage at T in the Park and barely into a clean T-shirt, he's already on the phone to one of his record labels. Despite just moments ago being in a delirious post-performance high, he's furious.

If you're not a dance-music fan, you might not know who Steve Angello is. We'll get to that. For the moment, all you need to know is that four years ago, *FHM* saw a film that planted the seeds of an idea in our heads. The film, a fly-on-the-wall documentary called *Take One*, followed Angello and his previous super-group, Swedish House Mafia, at the height of its success.

Portraying Angello and his bandmates Sebastian Ingrosso and Axwell as hedonistic, fratboy party animals, the film showed them gallivanting from gig to gig on helicopters and speedboats, spraying champagne and threatening to "f**k nightclubs in the p***y" at every given opportunity. The critics called it *Spinal Tap* for the electronic-dance-music generation, recoiling at the behaviour of these three brattish Swedes flying around the world in private jets just to play records. Drinking Keith Richards-levels of alcohol, asking every group of women they met to "party" and selling millions of records in the process, they were a cross between DiCaprio's Gatsby, The Rolling Stones and Johnny Bravo.

We sat and watched it all. Our mature side winced at the tantrums, fist-fights and cocksure approach to women, life, booze and partying. Our slightly less-mature side could think only one thing: That looks fun.

YEARS WENT BY, THE GROUP SPLIT UP AND OUR DREAM OF ONE DAY PARTYING WITH ANGELLO and his Swedish pals fell by the wayside. That's why, when the phone rings in the *FHM* office and a man calling himself Toni Tambourine invites us to go and live it up with Angello for two days, we assume we're talking to a deluded fantasist and hang the phone up. Then he calls again and we realise that, although Mr Tambourine's name is not totally real, his offer *is*.

Forty-eight hours later, we pitch up at Edinburgh's T in the Park with the Scottish sun uncharacteristically blaring down on us. Steve is due to headline the Radio 1 stage that night but, slightly worryingly, he isn't here yet. With time to kill, we attempt to walk into the VIP area, nervously uttering the words: "We're with the Angello guys" to no one in particular. Our heart skips a beat as, for the first time in our lives, burly security men give us a knowing nod and allow us to traipse through unmolested.

Steve was running late. Five hours late to be precise. Left twiddling our thumbs with an increasingly nervous publicist, (the aforementioned Mr Tambourine), the upbeat atmosphere slowly dissipates. But then, of course he was late; he swans around in private jets. He's a rock star, that's what they do. Then — just when we think the publicist might be about to burst into tears — we spot him. Surrounded by a bustling entourage and shorter than you'd expect, Steve Angello has arrived.

We make small talk as Steve stuffs his upper lip with tobacco, the Swedish equivalent of a nicotine patch.

IS HE NERVOUS? HE SHRUGS, SHAKES HIS HEAD THEN TAKES A DRAG.

"This is what he feeds off," says the tour manager to break the silence. "You'll see when we're out there." And then as if on cue, Steve announces: "I need to stretch."

He does a lot of stretching. We stand back and watch as he breaks into a methodical, although probably not technically informed, series of warm-up exercises. It's difficult to tell if this has any real benefit for a man that essentially stands in one place during his set, but it's clear that it's a sacred ritual to him. Feeling slightly awkward at witnessing a grown man performing lunges, we chug our beer. It's at this point we notice that every single other person backstage is just drinking water. The real partying, we decide, must be kicking off later.

Then we hear it: Drifting in through a cloud of dry ice are the war cries of a restless crowd, so loud that it's drowning out the festival PA system. It's time for Angello to go on. Disappointingly, there's no team huddle or backstage group prayer just a quick fistbump. He takes towards his platform accompanied by bellowing, cinematic strings, doom-laden lighting and smoke.

For two hours, the 31-year-old Swede expertly manipulates the baying sea of dance fanatics. Flares are lit, girls flash their breasts and boys completely lose their shit. The waves of pyrotechnics are relentless. The bass reaches into the ventricles of our heart and threatens to give us a cardiac arrest. It's easily the loudest gig we've ever attended.

"LOOK AT MY JACKET, IT'S ALL BURNED UP. THAT'S A BATTLE WOUND,"

Angello beams as he leaves the stage after narrowly avoiding the final explosions of his set. Cigarette in one hand, bottle of water in the other, he's in good spirits. "Did you see how many people there were? Could you feel the vibe?"

Before we have a chance to ask him if it's time to f**k a nightclub in the p***y, he's bundled into a car headed towards a private airstrip, to fly to London ahead of tomorrow's Electric Daisy Carnival (EDC) in Milton Keynes.

We catch a ride with Angello's loyal team of stage techs. They painstakingly run through what did and didn't work, anticipating all of the demands for tomorrow's performance. It becomes glaringly obvious that nobody ever really sleeps in the Angello circus.

BOARDING THE PRIVATE JET WITH STEVE AND HIS CREW,

we wonder if this is the point where somebody cracks open the champagne and we all start acting like Led Zeppelin. But nothing happens. Angello seems annoyed after a brief phone call with his American label.

"Major labels are lazy and getting worse. There's no innovation anymore. It's one of the reasons why I started my own label, and why I find advertising so interesting."

Advertising seems like an unusual area for a DJ to admit having a serious interest in. Has he sold out? It's certainly a criticism that was often levelled towards the hyper-mainstream Swedish House Mafia towards the end of their career.

"You're only selling out if you're doing something you don't want to do just to get success or money," says Angello. "If you love cheesy pop songs and you love being cheesy, that's not selling out.

"I just did a thing with Google where we put out 10 years of music for free, we had 460,000 people download 100 releases each. You do the math. If working with big brands means I can give away music for free, then so be it."

And this, rather than the party-crazed myth that follows him, is Steve Angello in a nutshell. He's a clever businessman with a keen eye for making money and maintaining his own brand. Is it selling out? Perhaps. But is it any worse than One Direction selling tickets for $180 to jobless teens? At least on Angello's terms, everybody's winning.

But surely it can't all be work? What about the parties? The times where he wouldn't sleep for days on end, surviving on booze, beats and adrenaline?

"With Swedish House Mafia, we partied and drank a lot and we had a great bloody time. But we grew up. I could make all of this look like chaos if I wanted to, but these days I choose my own battles," he says.

"I stopped drinking three years ago. Before that I was just doing it out of habit, in volume. But you can't maintain that. My night wasn't over until 7am and the wheels would fall off." There's a glint in his eye when he tells us this. He knows it's what we want to hear. He's teasing us, dangling the delicious carrot of decadence in front of us. But he









STEVE STRETCHES



GOING OUT WITH A BANG AT T IN THE PARK.

ANGELLO INVITES US ON TO HIS PRIVATE JET.

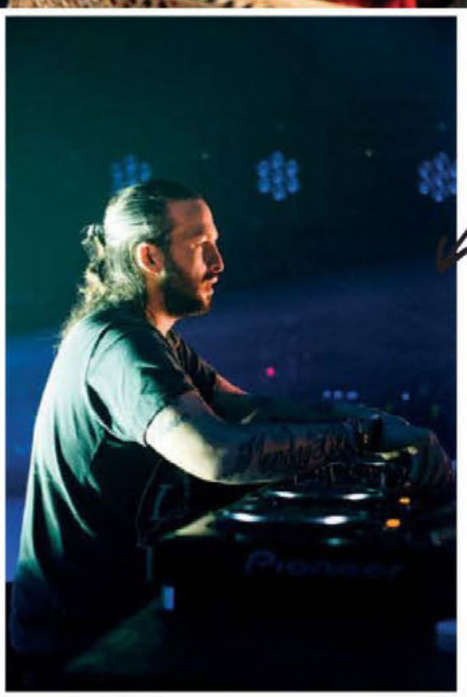






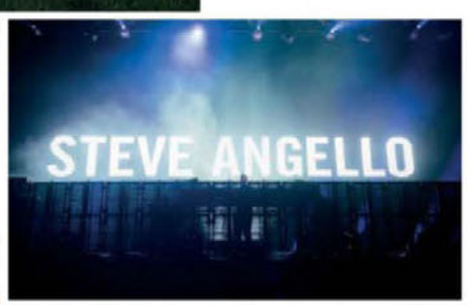




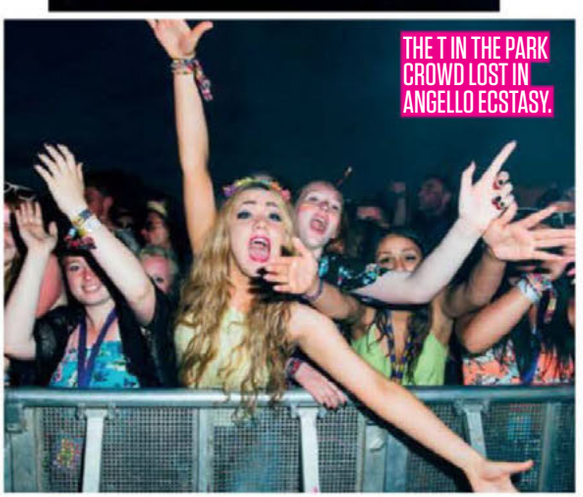


GETTING READY FOR THE DROP...









THE T IN THE PARK CROWD LOST IN ANGELLO ECSTASY.

won't let us take a bite. "Being on tour with me now is like being on tour with a dance god." It's a disappointing realisation on our behalf. Not because we want him to get messed up, but because it's part of the mystique. It's the debauched behaviour that you want from a celebrity DJ. Later on, we read that, at one point, Angello was drinking whole bottles of Jägermeister during his sets, which, when you're performing 200 shows a year, is a hell of a lot of booze. Does he miss it?

"It was great," he sighs, "but it was what it was. The party had to stop, it became too big and too much."

Is this what ultimately broke the group?

"I'll always be a brother to them but it's not like it used to be, we rarely talk now other than e-mails. It's like going through a divorce where you don't want to speak to your ex-wife at all, unless you've got kids. And we don't have kids."

It's clear that Swedish House Mafia is something of a three-headed elephant in the room (or private jet); a milestone that Angello is appreciative of but not necessarily one that he wants to be his legacy or the focus of every interview.

The future dance-music mega-star first tried his hand at DJing at the tender age of 12, eventually becoming a respected scratch DJ in and around Stockholm. Exploration of the club scene led him towards house music, alongside best friend Sebastian Ingrosso, and the pair quickly adopted the genre into their sets. A chance meeting with another local DJ and producer, Axwell, saw the three of them trading ideas and forming Swedish House Mafia – releasing early track *Get Dumb* in 2007.

Three years later, they signed to major label, Polydor, and promptly exploded like the Hadron Collider, culminating in platinum-selling album (*Until Now*) and an American tour that sold out in minutes. Then, at the height of their power, they called it off.

These days, he's is fine operating by himself. He has a persona that at times carries an almost excessive level of self-belief. Referring to himself as a "tastemaker that makes people happy" and, the constant prestige of a jet or a helicopter, it's a larger-than-life aura that's key to his success and leads you to believe that he has nothing to prove. He's also a workaholic. Tonight, after checking into the swanky Belgravia hotel in London, he'll methodically go over his most recent set, answer e-mails, Twitter messages and then make phone calls with the Swedish and LA offices of his label, Size, before going to sleep at around 8am.

When we meet him the next day, he's already been out to buy socks. In contrast to our first meeting, we're greeted like old friends. This strikes us as bizarre after last night where it felt like we were kept at arm's length, staying in separate hotels, travelling in different cars. Is there an element of the diva to him? "That's how it is, when you live like this," he offers when we broach the subject. "I've been doing this for the last 15 years. It gets to a point where you need consistency; imagine going home every day and you have no idea where your shit is. It gets to you after a while."

This is true. The never-ending carousel of Angello's life (we've barely sat down since meeting him) is enough to make anybody dizzy and a little angsty. "You've never been in helicopter?" he asks as the car we're in cruises through south London. "You're going to love this. I remember the first time I did it, it's my favourite way to travel."





LUXURY FESTIVAL TRAVEL WITH ANGELLO'S TOUR MANAGER AND TEAM.

TWENTY MINUTES LATER, WE'RE WATCHING THE GROUND VANISH BENEATH US.

Angello is clearly pleased that for us this is something of a treat. "Everything looks so pleasant," he muses, "this is my downtime to think. I won't even get my phone out up here." We don't point out that he's been clutching his iPhone the entire time. He goes silent, lost in thought and then suddenly sits up. "I don't understand why nobody advertises on the roofs of these buildings, you'd go viral straight away." And like that, he's back into business mode (although he may be overlooking the fact that most people don't travel to work by helicopter).

We land at Milton Keyne's Bowl to a sea of fans shouting and taking pictures. In comparison to T in the Park, EDC is a pure dance festival. For Angello, this should be his element but something feels different as we mill around backstage. He lights another cigarette, ignoring the no smoking sign above him. It turns out he's stressed about the fact that he's playing in broad daylight.

"It means I'm going to lose half of my show. I prefer the dark, that's when you can create an experience."

His set explodes regardless and in our eyes it's every bit as loud and energetic as before, perhaps in part due to the crowd of gurning revellers with no idea what time of day it is. But occasionally he'll glance towards us standing in the wings and you can tell he's not feeling it. Leaving the stage he's obviously annoyed and we're informed by his team that somebody was shining a laser pen in his eyes for the duration of the set, a growing problem at festival gigs. There's little time for pleasantries to relax once it's over and we're quickly back into a helicopter. Steve says little about the show other than that it was different and there's work to do later.

AND THEN FOR THE THIRD TIME IN 24 HOURS, WE TOUCH BACK DOWN TO EARTH.

He embraces us and shakes our hand. Then he's gone.

We came to party, to live it up like rock stars, but we ended up being given sound business advice and eating a lot of high-quality sandwiches. No clubs were pleasured sexually (we didn't even get to third base with a cloak room).

Steve Angello gets shit done, and will quite likely continue to do so until he or his equipment burn out through sheer exhaustion. He's lived a life more hedonistic, more extravagant and at times debauched than any of us will – but that's not what separates him from his DJing contemporaries. What makes him stand out is an unflagging work rate and a desire to be the best. That's why nobody else can touch him, in his own words: "They're not even in the same race. It's very hard to race against people that aren't running." **FHM**



STEVE TALKS DOWNTIME DURING A HELICOPTER RIDE WITH FHM.





ELECTRIC DAISY CARNIVAL: STEVE'S RIGOROUS WARM-UP.

A DAYTIME RAVE AT THE ELECTRIC DAISY CARNIVAL.



THIS IS WHAT 32,000 HAPPY DANCERS LOOK LIKE WHEN ANGELLO PLAYS A NEW SONG.





WHO THE F**K IS STEVE ANGELLO?



We asked a bunch of people what they thought of the dance music kingpin…

The dance-music peer:
Steve Aoki

"I love him. I think we met in Vegas in 2010. He's an amazing producer who's written songs that have touched billions of people. In terms of craftsmanship he's a million miles beyond anybody else."

The industry insider:
Toni Tambourine

"He's been the catalyst of the whole new electronic sound in the UK, if not the world. Calvin Harris, Zedd, Martin Garrix – Angello is the fabric that made them happen."

The super-fan:
Damion Renton

"His last gig was the best weekend I've ever had in my life. You've not seen anything like it or been messed-up until you've done it. He's the real deal when it comes to living the rock-star lifestyle."

The festival security guard:
Anonymous

"I have no idea who this guy is, but everyone here is mental. I've taken a lot of drugs off people today…"

FILTER

10 must-knows f
the month ah



01

MUSIC

TENACIOUS D

Prepare to rock — with your guts out — to the "live" show of this comedy music duo.

As one of the new boys on the concert-promotion scene, Forefront Asia is proving to be one of the most hardworking. Its "live" music series *The Gathering* has brought in acts such as Biffy Clyro, Darkside, and Travis. Up next: Chvrches (21 Nov), Flaming Lips (1 Dec) and the one we're skipping Happy Hour for — Tenacious D (2 Dec).

Comprising lead vocalist and guitarist Jack Black and music-partner-in-crime Kyle Gass, the self-proclaimed "greatest band in history" performs for one night only at Sentosa. Since its formation in 1994, Tenacious D has opened for rock legends such as Pearl Jam, Foo Fighters and Beck; released three albums (its 2001 self-titled debut went platinum); played to a sold-out crowds (a Stockholm gig attended by 17,000 fans was described by local police as "chaos", as the venue was filled three hours before the concert started); and even has its own feature film, *Tenacious D in The Pick of Destiny*.

Still not sold on the D? *FHM* turns our amps up to 11 to convince you that Jack Black and bro are worth your "overseas" trip.

Black's the Man

It is hard not to like the adorable comedian and musician Jack Black. The 45-year-old actor has never taken himself too seriously and we expected that to continue in his Tenacious D stint. And, it is that irreverence that leaves us in stitches every time. Who can forget Black's epic performance as slacker rocker/teacher Dewey Finn in *School of Rock*? In fact, we are silently chuckling just at the mere thought of him stage-diving topless into an unresponsive audience!

But, Black is not all flash and no substance. If you've watched *High Fidelity*, then you know that the Californian native possesses quite a set of pipes. After all, not everyone could deliver such a rousing rendition of Marvin Gaye's *Let's Get It On*.

New Is Always Better

With three albums under its belt, Tenacious D has no shortage of musical material for its Singapore show. While Jack Black has officially stated that the next album is due only in 2017, one can always hope for the odd new song or two. We are keeping our fingers crossed that the creative juices have been flowing in its collective musical brain.

Holy Shits: Two for One?

Okay, this is a long shot. But *FHM* is holding our collective breath that The Holy Shits might open for Tenacious D on this tour. The Holy Shits, if you're unfamiliar with them, is the secret moniker adopted by legendary rock band Foo Fighters for a recent secret "live" show.

There is a long history between Tenacious D and Foo Fighters, particularly with Foo's front man, Dave Grohl. Besides sitting in as session drummer on all Tenacious D albums, he also starred as the Devil in the duo's *Tribute* music video. So Dave, if you are reading this, come on down to Singapore and we'll bring you all out for a night on the town.

Safety in Numbers

Sure Black and Gass might be the two faces of Tenacious D, but they will not be the only ones on stage. A full backing band will join the dynamic comedy-rock duo. So you can stop worrying about not getting your money's worth. After all, more is better, no?

Group Sax

Did you know that the band uses an electronic toy saxophone on stage? It is called Sax-A-Boom and each key actually plays a music clip that sounds just like the real thing.

2 Dec at The Coliseum, Hard Rock Hotel, Resorts World Singapore. Tickets from https://tickets.eventclique.com/thegathering

WORDS: TIMOTHY WEE



02

OUTDOOR

ZOUKOUT 2014

Busk in the electronic dance music (EDM) euphoria of "first light" this December.

Returning for its 14th edition, Zoukout celebrates the best of what EDM has to offer. As Asia's only sunrise beach festival, it is apt that the dance-music festival adopts "first light" as this year's theme. After all, who can forget trance maestro Armin van Buuren's amazing dawn set in 2011?

Despite the absence of van Buuren this year, *Zoukout* attendees still have plenty of reasons to head down to the legendary event. Returning favourite Above & Beyond headlines the first day of festivities. Joining the trio are fun-loving superstar DJ Steve Aoki, freshly minted EDM royalty W&W and veteran house DJ Richie Hawtin.

The excitement doesn't let up on day/night 2. Get ready for a goose-pimple-raising aural journey as dubstep pioneer Skrillex take to the decks to entertain the expected 40,000-strong crowd. Ex-Swedish House Mafia member Steve Angello adds a touch of infectious house to the musical proceedings. Other noteworthy artists include up-and-coming EDM star Martin Garrix and Dutch brother duo Showtek.

Let's not forget our homegrown EDM stars. Supporting a star-studded line-up can be tricky but we are in the safe hands of deck vets such as *Poptart* anchor DJ Adrian Wee; South-east Asia's very own superstar DJ Aldrin; and Zouk's pioneer resident DJ, Jeremy Boon. Fans of club will also be familiar with the tunes of resident DJs Formative and Matthew.

What are you waiting for? Join like-minded revellers, embark on a musical journey through electro, trance, techno and house, and party like there's no tomorrow.

Zoukout 2014 *takes place on 12 to 13 Dec at Siloso Beach, Sentosa. Tickets from zoukout.com*



SHOWTEK

WORDS: TIMOTHY WEE

LOSE YOUR SLEEP OVER THEM

Why you should catch these five acts at the dusk-till-dawn *Zoukout 2014*.

ABOVE & BEYOND

Ranked 25 on *DJ Mag's* Top 100 DJs 2014 list, Above & Beyond is number one on ours for a couple of reasons: The trio has been around for 14 years and has honed its sound to perfection; its dynamic "live" sets have been described as "euphoric" and "mesmerising"; and the group is releasing an album in Jan 2015, so it might just drop in a few spanking-new tracks.

SKRILLEX

Love or loathe him, this dubstep pioneer is here to stay. The six-time Grammy Award winner reached new heights at this year's *DJ Mag* Top 100 DJs list with a No.9 ranking. Skrillex started his career as a lead singer in a post-hardcore band, which explains his "metal" hairstyle and why he is such a great "live" act. Don't just take our word for it, check out his banging track, *Bangarang*.

W&W

Dutchmen Willem van Hanegem and Wardt van der Harst traverse between house and trance, and have played in world-class EDM festivals, including Tomorrowland, Electric Daisy Carnival and Ultra Music Festival. Despite dropping four places to 18th on the *DJ Mag* Top 100 DJs list, it is still considered one of EDM's big boys with hard-hitting anthems like *Invasion* and *Shotgun*.

MARTIN GARRIX

At only 18, Garrix has already achieved superstar status with a No.4 post on the *DJ Mag* Top 100 DJs list (from 36 last year). Listing Tiësto and Jayvee as inspirations, Garrix was determined to follow his heroes' footsteps after watching their 2004 Olympic Games performance. He was just eight years old then.

STEVE AOKI

We're not big Aoki fans, but the 36-year-old musician, producer and label owner never fails to get the crowd in a frenzy. After all, who doesn't love a DJ who crowd surfs using an inflatable raft? Aoki also boasts an impressive portfolio of musical collaborations with the likes of Afrojack, Iggy Azalea and will.i.am. We can't help but tip our cap to the sociology and feminist-studies graduate.



03

GAMES

GAMING FRENZY



'Tis the season for major video-game producers to do battle, releasing their big hitters to snatch the number-one slot in time for Christmas. Here be the front runners:

The game	Five-word plot	Likely to get killed by	Possible rage level	Why we're dead excited	Risk of losing girlfriend
The Crew	Zoom! Zoom! Neenaaw neenaaw CRASH.	Daewoo Matiz.	⌘⌘	Its massive map will take decades to explore.	No.
Hyrule Warriors	Princess Zelda needs rescuing AGAIN.	Sword-swinging lizards.	⌘⌘	Hearing that "dah dah dah dah!" noise when you open a chest.	No.
Evolve	Destroy epic monsters with pals.	Jungle beasties.	⌘⌘⌘	Made by the same geniuses that created *Left 4 Dead*.	No.
Far Cry 4 (21 November)	Kill baddies with an elephant.	Himalayan beasties.	⌘⌘⌘	IT'S JUST TOO GOOD.	Yes.
The Evil Within	More from horror masters Bethesda.	A giant meat tenderiser.	⌘⌘ ⌘⌘	Shitting your pants in fear is fun, right?	You've shit your pants. Of course she's leaving you.
Alien: Isolation	Aliens still aren't any friendlier.	Face-hugger.	⌘⌘⌘	Toasting to *Alien* designer HR Giger's death this year.	No.
Call Of Duty: Advanced Warfare	Everyone's favourite warzone gets futuristic.	An eight-year-old you're sure should be in bed at this hour.	⌘⌘⌘ ⌘⌘	"Rocket-boosted exoskeletons" sound like tonnes of fun.	Yes.

04

MOVIES

SUPER BEASTS

Lately, our on-screen heroes have been animals that think they're humans. Which one of these would you let into your home?

Domesticated



Teenage Mutant Ninja Turtles
Pros: Knows how to order pizza.
Cons: Will nunchuck all your possessions in half.



Rocket Raccoon from *Guardians of the Galaxy*
Pros: Really nifty at saving the world.
Cons: Will raid your bin for scraps of food.



Dawn of the Planet of the Apes
Pros: Can groom your hair for nits.
Cons: Will hurl their shit when arguing over Internet bills.



Paddington Bear
(11 Dec)
Pros: Hibernates for months on end
Cons: Can tear your head off with one swipe of his paws.



Dolphin Tale 2
Pros: Clever enough to hold an intellectual conversation with.
Cons: Clever enough to seduce your other half and humiliate you in front of all your friends, gloat about it unrelentingly, then will sell all your possessions and force you to move back in with your parents. Forever.

FERAL

WORDS: FHM UK

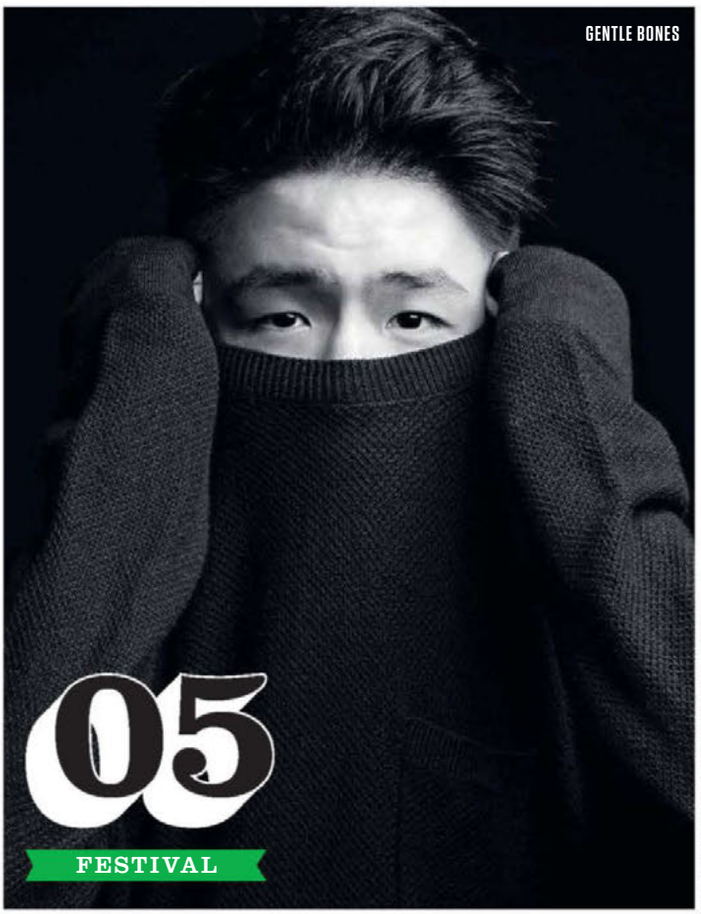



PHOTO: MARVINS

.GIF



PHOTO: OS PHOTOGRAPHY, FHAGE AND LENNE CHAI

THE BANDWAGON PARTY BUS

Hop on it and get star-struck throughout your road trip.

Online music-gig directory, Bandwagon, lives up to its namesake by organising the first-of-its-kind music-festival bus. Its maiden voyage brings us to Resorts World Genting for the *Urbanscapes 2014* festival, one of Malaysia's longest-running arts-and-music event. Bandwagon founder Clarence Chan assembles a motley crew of local musicians, including Joel Tan (also known as Gentle Bones), indie-pop band Pleasantry, electronic duo .gif and rocker chick Inch Chua, to accompany festivalgoers on the journey up north.

How then do you make the most of this once-in-a-lifetime opportunity? Do you unleash the inner groupie in you, or play cool by sinking into your seat? Drawing on ideas from repeated viewings of road-trip movies and *Almost Famous, FHM* rounds up five things you must do on this road trip.

WORDS: TIMOTHY WEE

INITIATE A COLLECTIVE SING-ALONG OF ELTON JOHN'S *TINY DANCER*.

As big Cameron Crowe fans, it's only natural *Tiny Dancer* has a special place in our heart. Used in *Almost Famous*, the Elton John classic captured the intense friendship between members of a '70s rock 'n' roll band. What better way to celebrate with new buddies on The Bandwagon bus than to launch into a musical celebration? Besides, having your favourite local musicians sing along to *Tiny Dancer* is priceless.


INCH CHUA

PHOTO: INCH CHUA

EXPLORE THE CHARMING WORLD OF MALAYSIAN REST STOPS.

There's no way anyone can go five hours straight without hitting the loo, so at one point or another, you're going to have to pull up at a Malaysian rest stop. Aside from the fact that they allow smoking in toilets (gasp!), the next thing anyone will notice is the extremely (with a capital "E") gory accident photos used in its road-safety-campaign posters. Decapitated heads, severed bodies and limbs drowning in pools of blood; these NSFW road images make *Game of Thrones* seem like child's play.

ENJOY AN AUTHENTIC RAMLY BURGER WITH THE STARS.

Welcome to Malaysia, the home of the one-and-only Ramly burger (we're not talking about the pale local imitation found at *pasar malams*). Go all *Harold & Kumar* on our northern neighbour's culinary pride and joy. After all, you can't go wrong with meat between two buns.

While Harold and Kumar did not get to dine with their idol, Neil Patrick Harris, that doesn't mean reality has to follow fiction. FHM thinks it's cool chilling with our idols over a meaty burger; especially when she happens to be the spunky Inch Chua.

SING THE PROCLAIMERS' *I'M GONNA BE (500 MILES)* TO PASS TIME.

Okay, you got us. We stole the idea from Ted and Marshall. But, who isn't a *How I Met Your Mother* fan? Played religiously on the duo's road trips, the classic college-rock anthem *I'm Gonna Be (500 Miles)* has taken on a new shade of camaraderie. Plus, the simple sing-along lyrics are great for keeping collective minds off the never-ending road ahead. Don't believe us? Try singing the chorus, "But I would walk 500 miles. And I would walk 500 more. Just to be the man who walked 1,000 miles…" You get the drift.

PLAY "I SPY" WITH NEWFOUND FRIENDS.

While there is no shortage of entertainment on board The Bandwagon bus, we've just decided to unleash our dorky side by pulling a Sheldon Cooper. Notorious for his imposing ways, *The Big Bang Theory*'s sociopathic genius Sheldon never fails to lighten up a gruelling road trip with a game of "I Spy". The simple game is a great way to learn more about new friends and pass time. We actually think it's a great pick-up strategy — "I spy with my little eye, someone who just sat on some sugar…" Because that's one sweet ass that you got there! Slap!

6 to 7 December. A twin-package deal costs $469 (includes return bus rides, Urbanscape passes and a standard double-room stay at First World Hotel). Tickets available from



06

TV

GOTHAM

Featuring Batman's favourite nemeses.

So, we made it through half a season of *Gotham*. And reviews have been mixed. Some Batman fans are ecstatic, while others wished *Gotham* never saw the light of day. Whichever side you're on, nobody can deny the excitement of seeing the supervillains take the limelight.

For those living under a rock, *Gotham* is a new TV series that follows the life of hotshot rookie detective — and eventual commissioner — James Gordon. It starts with Gordon investigating the Thomas-and-Martha-Wayne (Batman's parents) murder and developing a relationship with the orphaned Bruce Wayne (who's not quite tall enough yet to don his famous cape and cowl).

Along the way, we learn the origins of Batman's many foes. To date, we've been introduced to Selina "Catwoman" Kyle, Oswald "Penguin" Cobblepot and Carmine Falcone. And were you quick enough to spot the Easter-egg appearance of Pamela "Poison Ivy" Isley, Joker and Harvey "Two-Face" Dent?

FHM can never get enough of a good thing (or bad, in this case). Therefore, we've come up with our own personal list of villains we think deserve some serious screen time.

JEREMIAH ARKHAM

Origin: The nephew of Amadeus Arkham, founder of Arkham Asylum for the criminally insane, Jeremiah grew up wanting to succeed his uncle as the institution's warden. Though rarely the key villain, he is known for his eccentric behaviour and sadistic methods at the asylum.

Why him: Jeremiah would fit in perfectly in *Gotham*; his story illustrates the difference between his upbringing and Batman's. It'd be interesting to see how he wilts under the pressure of living in Gotham and develops psychological issues.

How: Keeping true to the comic, Jeremiah should be introduced at a convenience store where he is held at gunpoint by an Arkham Asylum escapee. Knowing his uncle's patients inside out, Jeremiah would know enough to convince the gunman to commit suicide instead.

POISON IVY

Origin: The history of Poison Ivy is as complicated as our National Stadium's grass-growing technique. The only trait that seems consistent is her distaste for men. Ivy developed her superpowers after being injected by toxins by an ex-professor experimenting on her.

Why her: Despite her five seconds of fame in the first episode, Ivy has yet to see any major screen time compared to fellow villain-to-be Catwoman. After her father was wrongfully murdered for the Waynes' murder, the once-innocent Ivy now has reason to wreak havoc on those who'd wronged her. It'd be interesting to see how she combines her love for plants into her destructive plan.

How: We're growing tired of seeing young Bruce confined to his estate. We look forward to a meeting with Ivy, where she blames him for her dad's death.

JOKER

Origin: Nicknamed "clown prince of crime", the Joker is a cunning vicious criminal who is the antithesis of Batman. His origin story has been reinterpreted many times. But the most definitive and gritty Joker origin goes to the post-traumatic stress disorder-suffering war veteran from Christopher Nolan's *The Dark Knight*.

Why him: It is said we cannot see light without darkness. And the Joker is one massive black cloud of trouble. Just as Sherlock needs Moriarty, Batman's fate is tied to the Joker. In that respect, he deserves a significant story arc on *Gotham*.

How: Okay, so the Joker has already made his appearance. Sort of. There was a hint if him in the scene where mafia boss Fish Mooney was auditioning a comedian for her club. While we never saw his face, we like how the producers are approaching this. It seems to pay homage to writer Alan Moore's *The Killing Joke* in which the Joker was a struggling comedian before being disfigured in a chemical-plant robbery. This dark dose of gritty working-class reality is exactly what *Gotham* needs.

Catch Gotham on WarnerTV (StarHub Ch 515) on Thu, 9pm.

07

PODCAST

FILL YOUR EARS WITH SWEET, SWEET PODCASTS

Sure, your iTunes is filled with big tunes, but are you missing out on the huge and enlightening world of free podcasts? Here's our pick of the most unmissable…



FOR FILM NERDS
The Flop House
Three hilarious mates from New York review dreadful movies and regard Nic Cage as a god among men.



FOR FOOTY FANS
The Football Ramble
Weekly football show light-hearted enough to listen to in the bath but knowledgeable enough to recite in the pub.



FOR SCIENCE GEEKS
The Infinite Monkey Cage
Award-winning science chat with brainbox Professor Brian Cox and his comic chum Robin Ince.



FOR CELEB HUNTERS
The Nerdist
Weekly interview that looks at "what it means to be a nerd" with incredible guests such as Ozzy Osbourne, Seth Rogen and Buzz Aldrin.



FOR LOL SEEKERS
The Morning Stream
Winner of The People's Choice Award at the *Podcast Awards* last year, this one's ideal for a miserable commute to work.



FOR WEIRDOS
You Made It Weird
Host Pete Holmes makes celebs like comedy heroes Zach Galifianakis and Judd Apatow reveal their weirdest secrets and discuss. It gets weird.

WORDS: TIMOTHY WEE & EMILLIO RODRIGUES



08

DVD

DAWN OF THE PLANET OF THE APES

Andy Serkis, Hollywood's go-to blockbuster ape man, returns for another dose of simian cinema action.







Hi Andy. How much monkey poo was flung at you during your ape research for *Dawn of the Planet of the Apes*?
No faeces. Having done *Kong* and the last *Apes* movie, I've watched hundreds of hours of ape videos, been to Rwanda and London Zoo for research but I've based my character Caesar on one individual ape called Oliver. He was brought up by humans in the '70s, walked bipedally and had a lot of human-like facial expressions. In fact, he was called the Humanzee because people for a while thought he was half-human, half-ape. I've always approached Caesar as a human in ape skin. He doesn't even realise he is an ape until he reaches his teenage years and then he's cast out from his parents and left to go and find his own ape within.

If we wanted to go physically ape-shit and act it out with deep accuracy, what advice would you give us?
Apes don't pound their chests with closed fists in the Tarzan-like fashion, they cup their hands. You'd need to chest beat at 17 beats per second and inflate your chest muscles so they're like very tight drum skins.

What's the weirdest injury you've had while in a motion capture suit?
When I was playing King Kong, I was charging through a scale model of New York and I hit a corner of a building. It practically went halfway into my leg. It was quite a deep laceration, which was fixed with bandages and Manuka honey, believe it or not. It's amazing medicine for deep cuts. I highly recommend it.

You played Gollum in the *Lord of the Rings* movies. Of your friends, who does the best impersonation?
Martin Freeman's very good. In fact, one of his very good Gollums is online. I forced him to do it on YouTube.

You're starring in the new *Star Wars* film. Which prop would you love to walk away from the set with?
Princess Leia's buns. I just think they're tremendous and, in the middle of winter, what more could you possibly ask for? I mean her hair buns, of course.

Dawn of the Planet of the Apes *is now out on Blu-Ray and DVD.*

WORDS: FHM UK. PHOTOS: TPG IMAGES/CLICK/PHOTOS



ANGELINA JOLIE, LARA CROFT *TOMB RAIDER: THE CRADLE OF LIFE*

09

KIX

ACTION BABES

Get your popcorn ready for a month of girl action on KIX cable channels.

Too many times when the word "action" comes to mind, we think of Donnie Yen taking on 13 guys at one go or (a very young) Jackie Chan jumping off a three-storey building before it explodes. We, however, don't often give credit to their female counterparts. It's about time we give them their due. Plus, who would you rather see kicking butt in tight spandex?

KIX's *Action Babes Special* kicks off with **Michelle Rodriguez** in **Girlfriend**. In this, her breakout role, the American actress plays a young woman living in the Bronx with an abusive father. She takes up boxing and gives a knock-out punch to her problems.
Dec 3, Wed, 10pm.

Chinese actress **Angelababy** takes centrestage the following week in **Crime of Passion**. She plays a detective who commits the unthinkable — falling in love with a suspect. See how she deals with the gangsters and police hot on the heels of her lover. Then imagine what she'd do if she had handcuffed you…
Dec 10, Wed, 10pm.



Next: Keeping the Asian girl power going strong is **Shin-Se-khung**. **Hindsight** sees the Korean hottie showing off her acting chops as a sexy assassin torn between love and betrayal.
Dec 17, Wed, 10pm

Our next action babe needs no introduction. ***Angelina Jolie*** drove men wild when she played the world's sexiest archaeologist, Lara Croft. In the sequel **Lara Croft Tomb Raider: The Cradle Of Life**, she struts around in very tight tights and saves the world from evildoers.
Dec 17, Wed, 10pm



In the Nikita-like three-episode **Girl Killer K**, Korean **Han Groo** takes on a role of a high-school-student-by-day-assassin-by-night who seeks vengeance on her mother's murderers. Definitely a must-watch if you're into dominant types.
From Dec 18, Thu, 10pm

She may look like your typical pretty face but she definitely packs a mean punch. With mixed martial arts (MMA) booming here, what better way to jump onto the bandwagon than to watch **Song Ga-Yeon**, who makes her professional MMA debut on Korea's Road FC. You wouldn't want to make her upset.
Dec 26, Fri, 11pm.

Rounding off our month of female supremacy is the channel premiere of **Rise: Blood Hunter**. **Lucy Liu** shows us that hell indeed hath no fury like a woman scorned with her role as an undead seeking revenge on the sect that made her…

Action Babes Special is showing on KIX (StarHub Cable TV Ch 518) and KIX HD (SingTel mioTV Ch 309)

WORDS: EMILLIO RODRIGUES

FHM'S TOP ACTION HOTTIES

No man ever wants to be saved by a woman but if we had to, it'd be anyone of these three babes.

SCARLETT JOHANSSON

You've seen her in tight leather outfits fighting intergalactic evil. If you're not crazy for this action babe, lock yourself in an asylum now. This beauty has dominated the big screen as its only true global female action superstar. Why else do you think *The Avengers* has topped the box office?



SCARLETT JOHANNSON

AJ LEE

This one is for all you WWE fanatics out there. The current Divas Champion made it on this list for her mix of acrobatic wrestling style and sultry good looks. This diva definitely knows when to play nice and when to get down and dirty with the best of them.



AJ LEE

JENNIFER LAWRENCE

Give her a bow and arrow and she's as deadly as a bomb ticking in your hands. Besides being a total rebel on screen as she leads a revolution against The Capitol in *The Hunger Games*, this bombshell possesses both beauty and brains. She constantly stands up for women's rights and is a source of inspiration for women all over the world.



JENNIFER LAWRENCE



10 BOOKS

PARTY TOMES

Avoiding awkward silences has never been so easy.

THE OFFICIAL PUB QUIZ BOOK
CARLTON BOOKS
Which planet has the hottest surface? What colour is an ocelot? These and other riveting questions to ask your friends at your next beery get-together.

THE ULTIMATE BOOK OF BEERS
MARK KELLY & STUART DERRICK
Impress your mates with little-known facts about the brewski in your hand — by reading up about it beforehand in this encyclopaedia of beers.

DRINKING GAMES
BIGGIE FRIES
Steer clear of boring conversations about the weather and whip out this handy game book — before proceeding to consume your body weight in alcohol.

REVOLUTIONARY PIZZA
DIMITRI SYRKIN-NIKOLAU
Filled with close-up shots of glistening morsels and melted cheese, this recipe book tells you everything you need to know about making the quintessential party food.

WORDS: JANINE LEE & EMILIO RODRIGUES; ART DIRECTION: PYRON TAN; PHOTOGRAPHY: MARK LEE


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UPGRADE CONTENTS

12/14

PULSE

05 BEN CHIA
You can look like this fitness model search winner.

12 BODYBUILDING FOR BEGINNERS
Get started with advice from a decorated veteran.

MMA

14 RARE FIGHTING STYLES UNCOVERED
The five that'll break into the mainstream soon.

18 SCIENCE OF SOCIAL MEDIA
Online media is bringing MMA to a new level.

20 NUTRITION
Juicing tips from a MMA legend.

22 FIGHT GEAR
What a MMA fighter wears.

24 ROAR OF TIGERS
All the action — and photos — from the KL fight night.

CAREER

26 VODKA CREATOR
Founder Stephen Sparrow's doing it for snow leopards.

HEDONISM

28 EAT, DRINK, REPEAT
Gin and Dining.

GIRLFRIEND

32 DATING APPS
How to use it effectively.



Could be a cast member of *300* p05



***King of the ring* p24**



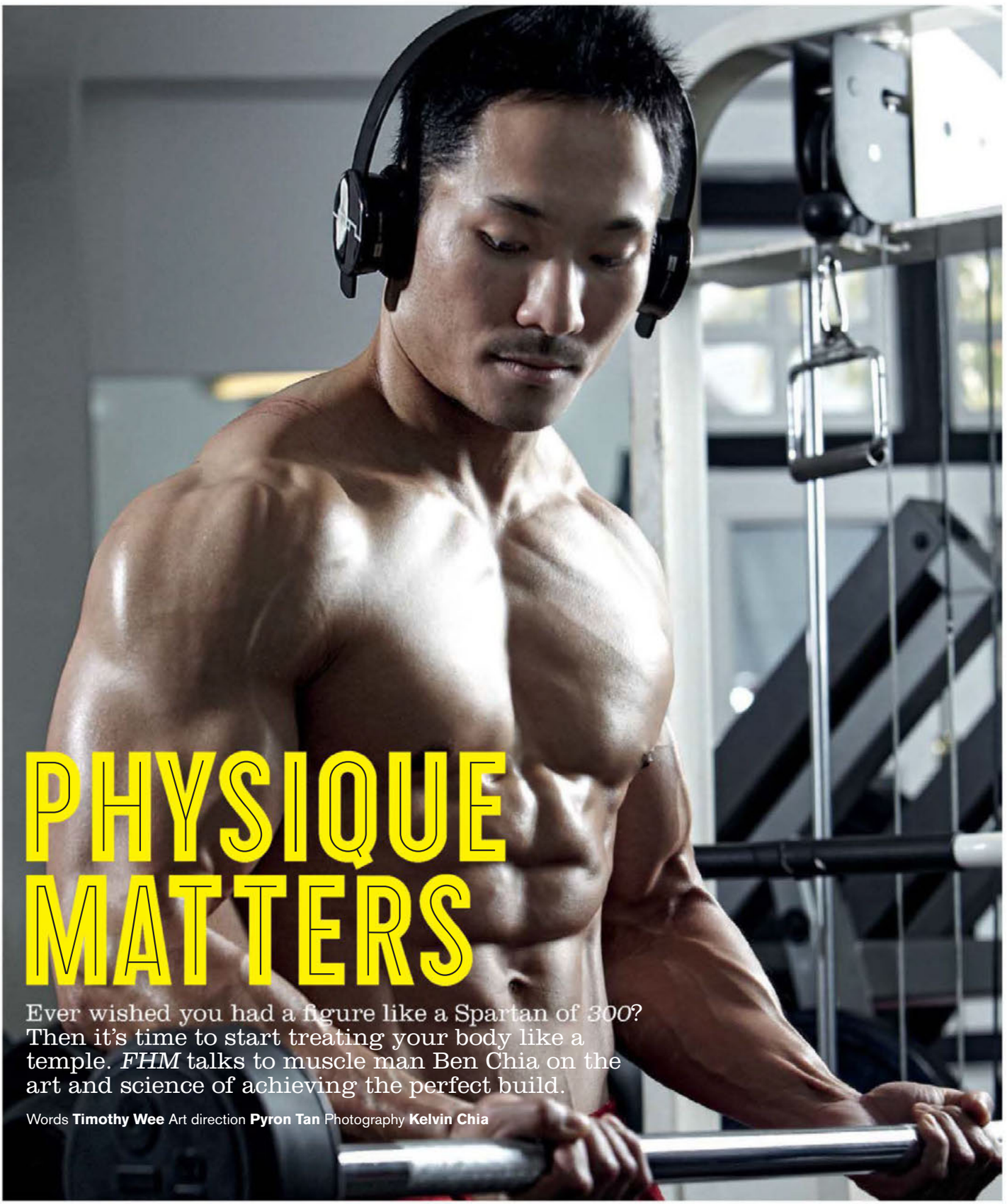
***For the love of the cat* p26**



***Shell we eat now?* p30**

PULSE

TRAINING SECRETS FROM A BODYBUILDER



PHYSIQUE MATTERS

Ever wished you had a figure like a Spartan of *300*? Then it's time to start treating your body like a temple. *FHM* talks to muscle man Ben Chia on the art and science of achieving the perfect build.

Words **Timothy Wee** Art direction **Pyron Tan** Photography **Kelvin Chia**

The muscles, the poses and the oil. Sure, some of us might scoff at the sight of a perfectly sculpted body in bodybuilding contests and magazine covers — but not without feeling a tinge of envy (and regret for not hitting the gym).

Here at *FHM*, we are not ones for regret; which is why we hit Kevin Chiak PT Studios gym to meet *Singapore Fitness Model Search 2014* winner Ben Chia. We spent an afternoon pumping iron (we *tried*) and engaging in some deep locker bonding with the 25-year-old amateur bodybuilder/trainee lawyer about bodybuilding, steroids and really strong women.

Talk us through the sport of bodybuilding.
Bodybuilding is all about being the biggest and leanest model onstage. It usually comes down to the person with the most muscles. That's the simplistic answer. Beyond that, it's also about who poses the best in competitions. You might have a great body, but if you don't showcase it well, it's wasted.

Why should we get into bodybuilding?
Though it isn't easy, competitive bodybuilding pushes your body to its limits; it's a very rewarding experience. Plus, bodybuilding does wonders for an individual's mental development — not only does it improve you physically, it also boosts your self-confidence.

What do you get by being a bodybuilder?
I wouldn't call myself a bodybuilder *per se*. I'm involved in a new branch of bodybuilding called the "men's physique division". Essentially, you train as a bodybuilder, but you don't take your body to the same physical extremes. Men's physique modelling is about getting a chiselled, buff look; like a fitness model. It's definitely an obtainable look that isn't off-putting.

If you were to take part in Mr Olympia, what would be your unique selling point?
My face; I'm easily the best-looking of the contestants. Coming from the men's physique division, which values charisma over aggression, you definitely need an award-winning smile. So I'm trained to smile a lot.

Bodybuilding has a reputation of being a narcissistic sport. Is it really all about you?
Recently, several bodybuilding teams have been established in Singapore. Besides offering their members support, these teams take care of their athletes in terms of training, motivation and even nutrition. There is a real sense of community. Although I joined *Singapore Fitness Model Search 2014* of my own accord, I tried to use the competition exposure to raise awareness for the Willing Hearts' soup kitchen that I'm involved with.

Fifteen-year-old bodybuilder Maryana Naumova lifted 145kg in the recent Mr Olympia championship. What is the heaviest you've lifted?
I've benched about 140kg before, so without a doubt, Naumova is stronger than me. It has a lot to do with the training. In strength training, it's not just about growing muscle. Take the bench press for example — it's actually working more of your joints, like wrist, elbows and shoulders. You are working around your muscular limitations by strengthening other parts of your body.

Steroids and bodybuilding — your two cents on the issue?
I don't have a problem with anyone who uses steroids — it really is a personal decision. But it's around in bodybuilding; that's how you get that impressive, freaky-looking physique. For the local men's physique division, I don't think steroids are necessary. I don't use them and still managed to win. But I can say for a fact that I will never try it; I try to make the most of what has been given to me. If this is the body that I've been given, then I'm happy to take it and push it to its genetic potential.

Is there a special diet you follow?
Nutrition is probably the most important thing in bodybuilding. There is a common saying that "you can't out-train a bad diet". I always tell everyone to count their total daily calories because once you know how much you are eating, you can better optimise your diet. Although I don't follow a fixed diet, I'm careful about my calories, protein and carbohydrate intake. I start off the day with a healthy breakfast — usually, a "clean" meal of lean chicken breast (proteins) and wholemeal bread (carbs).

Bodybuilding contestants have to oil themselves in every competition. Do you have a favourite baby-oil brand?
In bodybuilding, they use artificial tanning cream. For the men's physique division, we usually use a spray tan prior to competition. Due to the strong stage lighting, you'll look washed out without a tan. Plus, it helps bring out your body's definition.

What is your favourite pose?
In bodybuilding, you are judged for the few seconds you are posing. But for the men's physique division, you are judged every minute that you are up on stage. So, you have to be "posing" even when you are relaxed and smiling. The trademark of my posing is in my transitions. When I switch poses, I make it seem very smooth and fluid. It comes from hours and hours of practice. After all, you owe it to yourself to train as hard as you can to do your best. Otherwise, why bother? You are just letting yourself and everyone else down.

Have your muscles ever helped you get out of a fight?





WHO'S HE?

Name: Ben Chia
Age: 25
Occupation: Trainee Lawyer
Nationality: Singapore
Likes: Food; working out; law.
Dislikes: Traffic jams.
Instagram: @ben.chia

I've never been in a fight. No one wants to hurt my pretty face. But everyone asks me to help them carry things. Usually, I'm the one carrying boxes of documents at work.

Do you have a soft spot for muscular women?

I like my women feminine and curvy. I'm just lucky my girlfriend possesses both traits.

Did you use your muscles to snag your girlfriend?

I don't think so. When we met in the UK, I wore baggy winter attire as it was really cold. My girlfriend says she knew that I had a good physique but I just thought I looked sloppy.

Where do you see yourself five years down the road?

I know that I will be practicing law, so that will be my career. And of course, I'll still be training as hard as I can and eating well to take care of my body. I have been fortunate enough to win the first *Singapore Fitness Model Search*. For the next few years, I would like to compete and see how the men's physique division develops.

What's your advice for aspiring bodybuilders?

Train hard and keep things as simple as possible. We live in an age where there's so much information that people tend to over-complicate things. Also, don't believe every piece of advice you receive. For instance, fitness-supplement companies will tell you that you need a pre-workout and recovery drink. Personally, I feel that's all extra. All you need to do is to watch your diet and train as hard as you can.


ssisted chin/dip



"I'm involved in a new branch of bodybuilding called the men's physique division. It's about getting a chiselled buff look that isn't off putting to others."

POP THE RIGHT ONE

What should you consume to get a mean physique? Mr Singapore 2011 winner and online supplement company NutriFirst founder Barnabas Huang feeds our dietary curiosity…



BARNABAS HUANG (LEFT).

ROLE OF NUTRITION

Training is the most important thing in the sport. But dieting and supplementation comes right after, as they can enhance your training efforts.

NATURAL PROTEIN VS PROTEIN SUPPLEMENTS

Natural protein is always preferred. But the low-protein level in natural food means it's unrealistic to get at least 1g of protein per pound of body mass. Hence, for athletes that need at least 1g to 3g per pound, it's better to turn to protein supplements as it's concentrated with less fat, cholesterol and sugar.

ESSENTIAL SUPPLEMENTS

It's essential to get a protein or mass gainer, and a pre-workout supplement so as to provide energy. The mass gainer is protein-rich and has high calories for those seeking to gain weight. On the other hand, protein is for those looking for a lean, muscular physique. I also recommend a branched-chain-amino-acid (BCCA) supplement, as it aids in recovery so you feel less tired and ready to train.

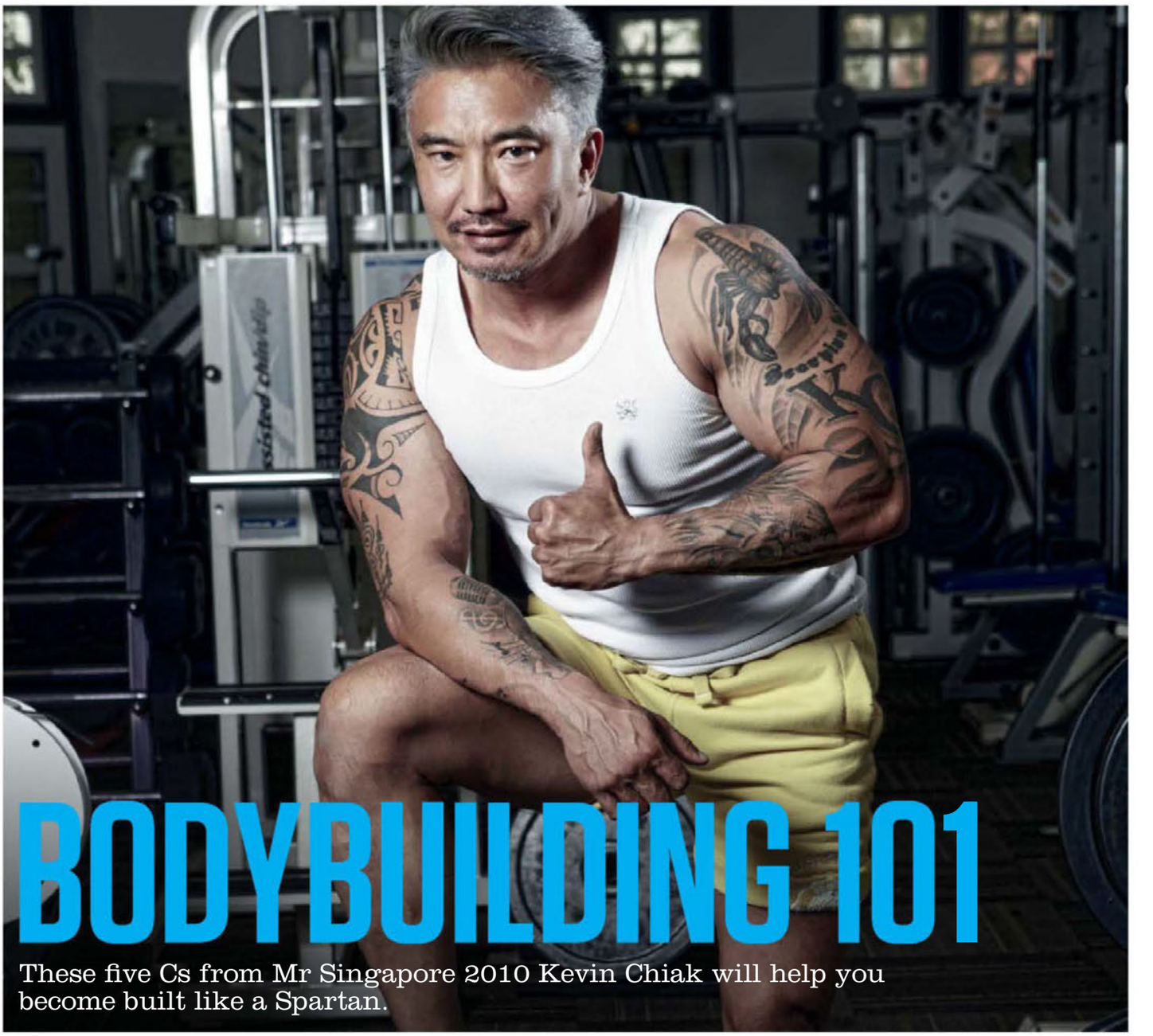
DECIDING ON A BRAND

Each brand has its own unique selling points; find a supplement that works best for you. Besides, results are more important than brand name. Always find a good supplement provider that sells the right products that work for you, and not one that just wants to sell you products.

NUTRITIONAL ADVICE FOR BUDDING BODYBUILDERS

It's best not to blindly follow others as what works for them may not work for you. Most importantly, supplements only complement your diet and training. Train hard, eat right and add some supplement to get your desired physical growth.

Visit NutriFirst at www.nutrifirst.net



BODYBUILDING 101

These five Cs from Mr Singapore 2010 Kevin Chiak will help you become built like a Spartan.

COUNT YOUR CALORIES

Say goodbye to junk food. There is a common adage that is applicable for this situation: "You are what you eat." If you want your body to function like a lean, mean machine, then it's time to start treating it like one.

Award-winning bodybuilder and president of Bodybuilding Singapore Kevin Chiak advises: "It's all about a quality diet with a dash of quantity." Be mindful of your daily calories; protein and carbohydrate intake. It is important to eat "clean" foods that are low in fat such as chicken breast and quinoa.

COMMIT TO A GYM

Procrastination and laziness are your next adversaries. This is probably the biggest step, but you HAVE to make exercising a habit. Do your research and survey gyms before making a decision. It wouldn't hurt to drag your buddies along for company. However, if you're still having trouble staying motivated, look forward to the "pump".

Chiak defines the "pump" as when you feel your blood pumping to your muscles while working out. This natural high not only makes your muscles tighter and bigger but also makes you look great. Hence, look forward to your weekly workout and it will stick.

CHOOSE YOUR TRAINER

It usually takes two to tango and bodybuilding is no exception. In other words, it is time to relive your NS nightmare by getting a drill sergeant-esque personal trainer. But how do you choose the right trainer? Chiak says choose a trainer who looks fit and healthy. After all, you wouldn't listen to an out-of-shape coach… And remember — paper qualifications aren't everything.

CHECK YOUR POSE

The most important thing when it comes to exercising is form. It is crucial that you are working the right muscles and this is where your personal trainer comes in. Some of the more difficult body parts to condition, such as the legs and back, require precise muscle-locking exercises that are best supervised by a professional. Hence, it pays to have a trainer. Otherwise, you will be staring at the mirror every few seconds.

CHERISH THE PROCESS

Although bodybuilding is all about the end product, you'll do well to enjoy the lifestyle. Sure, the focus is on developed muscles, well-sculpted physique and competitions, but it's the journey that counts. It's the friends and community that you gain along with those muscles. And that will make your bodybuilding journey a lot easier.

Kevin Chiak offers personal training. His gym is located at 406A Joo Chiat Road, Tel: 9388-8893, www.kevinchiakptstudio.com

WORK OUT LIKE A BODYBUILDER

Ben Chia and Kevin Chiak show you how to work those muscles.



01 Smith Machine Seated Shoulder Press

Adjust the bench to your height and adjust the back to a 90-degree angle. Make sure that when you are seated, the bar comfortably comes down just in front of your face. Next, add the weight you want to use and sit back down on the bench.

Un-rack the weights and bend your elbows slightly. This is the starting position for the movement. Slowly lower the weight until the bar is just below chin height, hold and raise the bar back to the starting position — do not lock your elbows out. Repeat for desired reps.



02 Lying Leg Curl

Select the weight you want and adjust the padding to suit your leg length: Lie face down on the machine, the padding should be positioned just above the back of your ankles; if it's higher, adjust the length. Tense the hamstrings by lifting the weights slightly off the stack. This is the starting position.

Squeeze the hamstrings, curling the weights as far as possible. Squeeze the hamstring hard, and slowly lower the weight back to the starting position. Repeat for desired reps.



03 Smith Machine Bench Press

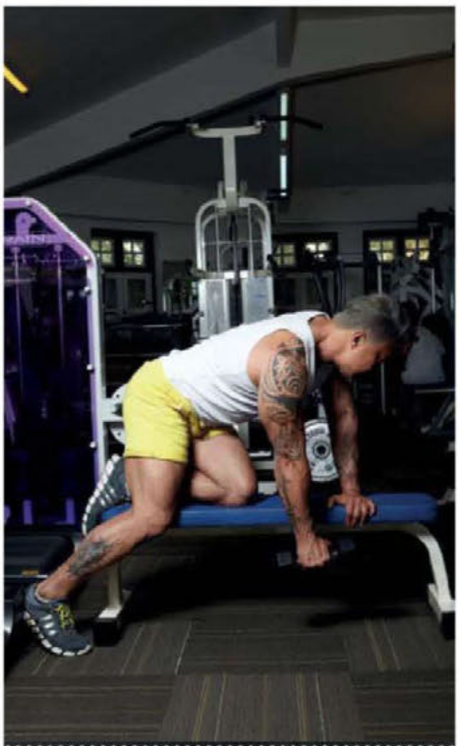
Place a flat bench in the middle of a Smith machine so that the bar is in line with the middle of your chest. Lie down with your back flat on the bench and grab the bar with a shoulder-width grip. This is your starting position.

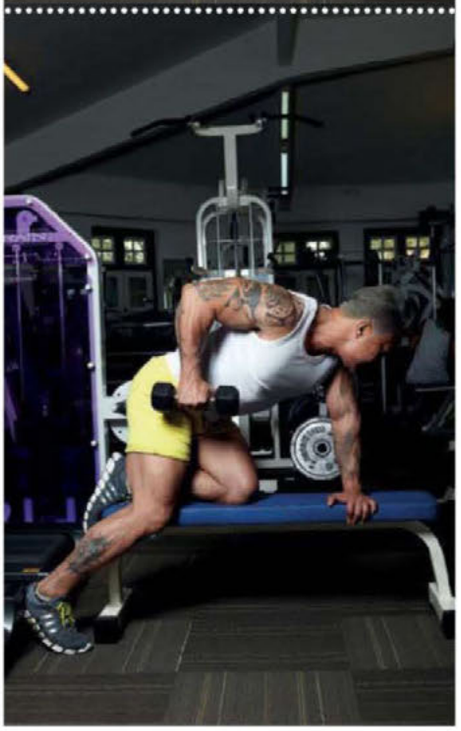
Unlatch the bar, then slowly lower it towards your chest until it barely touches and feel a stretch in your muscles. Hold this position for a count, then return to the start. Repeat for as many reps and sets as desired.



04 Smith Machine Squats

Stand in a Smith machine with a shoulder-width foot stance, the bar across your shoulders and traps. Keeping your head forward, chest up and maintain the arch in your back. Bend at the knees and hips as if you're sitting back in a chair, until your thighs are parallel to the floor. Reverse the motion by driving through your heels and pressing your hips forward to return to the starting position. Repeat for reps.





01 One-arm Dumbbell Row

Set up for the one-arm dumbbell row by grabbing a flat bench and sitting a dumbbell on the left-hand side at one end. Position yourself on the left side of the bench, with your right knee and hand resting on the bench. Using a neutral grip, pick up the dumbbell with your left hand. Pull your shoulder blade back while keeping your arm straight. This is the starting position.

Slowly pull the dumbbell up as far as possible. Pause and squeeze your shoulder blades together, and then slowly lower the dumbbell back to the starting position. Repeat for desired reps and then repeat on your other side.



02 Standing One-arm Dumbbell Extension

Get into the starting position for the standing one-arm dumbbell extension by grasping a dumbbell in your left hand and holding it above your head with your palm facing forward. Your elbow should be slightly bent. You can use your right arm to stabilise your body.

Begin the movement by bending at the elbow only and slowly lowering the dumbbell behind your neck. Once the dumbbell is down as far as possible, slowly raise it back to the starting position. Do not lock your elbow at the top of the movement, and then repeat for desired reps.



03 Dumbbell Lateral Raise

The dumbbell lateral raise is a good exercise for building width in your upper body to give you the "V" shape. Grab a set of dumbbells and stand straight with the dumbbells at your sides. Your palms should be facing your body. You should be holding the dumbbells slightly away from your body, as this keeps the tension on the side delts. This is your starting position.

To execute, slowly raise the dumbbells up to around shoulder height. Do not let your wrists go above your elbows while raising the weights, as this will take the work off the side delts and put it on the front delts. Pause at the top of the movement, then slowly lower back to the starting position. Do not let the dumbbells touch your body. Raise them for the next rep.



04 Dumbbell Pullover

Lie with your back, head and shoulders supported on a bench and your feet flat on the floor. Holding the dumbbell in both hands, straighten your arms so that dumbbell is directly overhead. This is the starting position.

Moving from the shoulders only and keeping your arms straight, slowly lower the weight behind your head until the dumbbell reaches the level of the bench. Slowly raise the dumbbell back to the starting position. Repeat for desired reps.



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From left: Mr Ben Chia, Ms Caethrin Unjoto, Ms Medeleine Png and Mr Deepak Parida.



DON'T JUST FEEL FIT... LOOK FIT

Make it your 2015 New Year resolution — get a sculpted body with Fitness Movement Singapore.

Do you desire a fitter, healthier you? Want to get your foot into the fitness door, but don't know how? Let **Fitness Movement Singapore** show you the way to that ripped six-pack you've always longed for.

Helmed by former Mr Singapore 2010 (overall national bodybuilding champion) and master trainer **Kevin Chiak**, Fitness Movement Singapore is a fitness sports organisation dedicated to promoting health and fitness nationwide. Armed with the aim of building better bodies for a stronger nation, the bodybuilding-focused organisation helps spread the good word of a healthier and happier lifestyle through various platforms such as coaching, competition, education and training.

Fitness Movement Singapore's outreach programmes include:

- Corporate seminars and workshops.
- Fitness physique and bodybuilding competitions such as the *Singapore Fitness Model Search* and *National Bodybuilding Championship*.
- Fitness training certification with International Fitness Professionals Association (IFPA) Singapore (*Fitness Movement Singapore is the only authorised agent to offer IFPA courses and certification in the country*).
- Exclusive personal training at Kevin Chiak Personal Training Studio.

For more information, visit ***www.fitnessmovement.com.sg***

ACT ON IT. NOW.

Learn how you can get a killer physique with Fitness Movement Singapore's fitness-model workshop series **Do You Desire Having A Fitness Model Physique?**. Held on 6 December, 10 January and 31 January 2015, 1pm to 3 pm, the training workshop is conducted by Chiak and serves as an introduction for aspiring physique athletes/fitness models.

The sessions are held at Kevin Chiak Personal Training Studio Plus (*406A Joo Chiat Road*) and also features appearances by Fitness Movement Singapore's inaugural Singapore Fitness Model Search 2014 winners, who will share their experience and fitness knowledge with eager participants.

Sign up for the fitness model training workshop and get ready for a brand-new you! For enquiries/registration, e-mail ***sgfitnessmodelsearch@gmail.com***.



Fitness Movement Singapore is the main organiser for *Singapore Fitness Model Search* and the *Singapore National Championship*.

BODYBUILDING SINGAPORE | IFPA | FITNESS | SINGAPORE FITNESS MODEL SEARCH | KEVIN CHIAK PERSONAL TRAINING STUDIO



FULL CONCENTRATION AT A *KALI MAJAPAHIT* CLASS.

Fight Clubs

RARE, LETHAL AND PRACTISED HERE

FHM uncovers five uncommon martial arts that are taught in Singapore.

Words **Deborah Rowe**

When discussing martial arts, it seems only natural that people talk about more popular disciplines such as *tae kwon do*, *karate*, *judo*, *muay Thai* and *kung fu*. However, what many do not know is that there are several lesser-known martial arts practised right here on our tiny island, from the face-to-face combat style of *kapap* to stick-fighting moves in *kali majapahit*. *FHM* scoured Singapore to find out more about these rare practices and why their founders decided to bring these respective arts to our shores.

KAPAP (KRAV PANIM EL PANIM)

Employed by the Israeli Defence Forces, the Israeli National Police and their special operations and anti-terrorist units, *kapap* is the Hebrew acronym for "face-to-face combat".

In Singapore, you can practise this unique martial art at Kapap Singapore, founded by master Teo Yew Chye. Although Teo had over four years of training with some of the world's best martial arts experts including *kapap* expert Israeli Major Avi Nardia, it was a personal tragedy that led him to start this academy.

"My brother got involved in a street fight over silly things and he ended up in a coma for seven years, since 2000. I was depressed when he passed on and wanted to do something in memory of him," Teo said.

To Teo, *kapap* is unique because you do not punch or kick like in other martial arts, but instead, train with weapons.

"We teach people to fight with real weapons such as knives, machetes, tomahawks and even sticks. It's not realistic to fight against three to four armed assailants, and you can't tell the guy to fight fair because there is no fairness on the streets," Teo elaborated.

Beyond just teaching self-defence, Teo adds other components in his classes to ensure his students are able to survive a street fight or avoid a confrontation altogether.

"One is the bodyguard principle, which is about situational awareness and how to avoid danger. The other thing we teach is the psychology of predator behaviour — how to know when people are out to hurt you and the body language that go with it. Then we add in the fighting.

PHOTOS: KAPAP SINGAPORE, SYSTEMA SINGAPORE, HANMUDO ASSOCIATION OF SINGAPORE, KALI MAJAPAHIT





EVERYONE CAN LEARN *KAPAP*.



SYSTEMA WORKOUT.



THE ART OF *SYSTEMA*.



KAPAP TECHNIQUE.

"If you do the first two components well, you won't even need to fight. It's when you don't perform the first two components well and have no choice but to fight," Teo added.

Kapap Singapore
22 Keong Saik Road,
www.kapapsingapore.com.
The modest gym can accommodate up to 20 students at a time. Classes are conducted four times a week.

SYSTEMA

"It's like Russian *tai chi*, just more vigorous," Ron Felix, founder of Systema Singapore explained. *Systema* is a unique principle-based Russian martial-art system that focuses on developing a calm state of mind, freedom of movement and strong spirit.

"The difference between *systema* and technique-based martial arts is that we teach more movements. We also go back to the basics of martial arts such as breathing and form," Felix said.

After attending the 2010 Summit of Masters, conducted by *systema* masters Konstatin Komarov, Vladimir Vasiliev and Mikhail Ryabko, Felix was absolutely blown away by it and decided to bring *systema* to Singapore.

In *systema*, a large part of training focuses on mental states and psychological work while part of it centres on strength and conditioning. The rest of it involves drills and practical applications. Being a modern self-defence art form, *systema* includes wrestling, groundwork, hand-to-hand combat, take-downs, giving and receiving strikes, knife work, as well as defence against multiple opponents simultaneously.

Innovative training methods move away from memorising fixed movements or patterns. Instead, students are taught to readily adapt to different scenarios through situational drills. One such method is through "slow work" where students do not rush through movements but literally slowly work through each exercise to strengthen a different set of muscles altogether.

"The Russians think differently; they believe the bigger muscle groups are easy to work. You can go to the gym and lift weights. However, it's the least-used muscles that are supported inside of it that you can't work out in the gym. Slow work, combined with breathing, allows you to strengthen the body from the inside," Felix explained.

Systema Singapore
3/F, 149C Selegie Road,
www.systemasingapore.com.
Systema *classes are conducted twice a week at its gym; additional classes are taught at Bishan and Toa Payoh Community Centres.*



HOW TO TAKE DOWN AN AGGRESSOR USING A *NINJITSU* MOVE.

KALI MAJAPAHIT

Kali majapahit was created based on founder Fred Evrard's extensive exposure to various martial arts; he combined the most effective aspects of each martial art as the base of his system.

"The core of our martial art is based on Filipino martial art *kali*. The reason why we called it *majapahit* is that Majapahit used to be an empire in South-east Asia so that is our influence. We have influences from *silat* and some Chinese martial arts like *wing chun*," Ben Boeglin, senior instructor of *kali majapahit*, explained.

Due to the large number of influences other martial arts have had on *kali majapahit*, the curriculum of this art is pretty extensive. There are aspects of sword and knife training, Filipino boxing and even Bruce Lee's *jeet kune do*.

However, Boeglin explained that despite the association with various martial arts forms, people still link *kali majapahit* with the use of sticks, as stick fighting is unique to Filipino martial arts.

The philosophy behind *kali majapahit* is that martial arts should not just be about physical training, but also about understanding your body better. *kali majapahit* focuses on three main pillars: Self-defence, health and personal development.

"The health and personal development aspect is an important reason why we teach it. We hope our students learn that beyond being able to defend themselves, they should also know more about themselves and how they are able to take care of their bodies," Boeglin said.

Kali Majapahit
#02-01, 43 Carpenter Street,
www.kali-majapahit.com.
Kali majapahit *classes accommodate up to 20 students at a time, with over 20 classes per week, for kids, all the way to advanced practitioners.*


ARMED COMBAT TAUGHT IN *KALI MAJAPAHIT.*


HAN MU DO CLASS.


HAN MU DO SPILT.

HAN MU DO

If someone asked you to name a Korean martial art, the first answer that comes to mind is *tae kwon do*.

Tae kwon do grandmaster He-Young Kimm felt largely inadequate to be proficient in just a single martial art, thus he set out to study and practise the various traditional Korean martial-art forms to widen his knowledge and skill set.

After training and studying under many prolific grandmasters such as grandmaster Ji Han Jae, founder of *hap ki do*; and grandmaster Suh In Hyuk, founder of *kuk sul*, he was told he should start his own martial art since he had such an extensive knowledge of Korean martial arts. He decided to do so and called it *han mu do*, which means "the Korean martial way".

There are four elements in *han mu do* – unarmed combat, weapons combat, internal development (or *chi*) and philosophical development.

"For unarmed combat, you have hand and leg techniques. When the opponent comes closer, you have pressure points, joint-locking and throwing, plus bone-breaking techniques. Then as you bring the person to the ground, you have ground techniques," Dr Dennis Chua, founder of the Hanmudo Association of Singapore, explained.

"You also have weapon techniques. You have to assess the situation and should you find that the odds are against you, you can adapt your knowledge of using Korean weapons to using everyday things around you.

"For *chi* training, we focus on breathing and redirection of energy to the different parts of our body for combat.

"Finally, there's philosophy. We are trained with certain dangerous techniques but we have the responsibility to know when and when not to use it. Therefore, there must be a philosophy to control these techniques, which comes from the actual practice."

A lack of a constant syllabus in other Korean martial art forms led Dr Chua to search for one that provided a more definitive and comprehensive structure, which was when he came across *han mu do* and decided to bring it in to Singapore.

"I wanted to have a full system. I found out that the Korean Kido Association recognises the *han mu do* syllabus. In order to be registered, you must have a definite syllabus. Also, grandmaster He-Young Kimm travels around the world to personally test the students and assesses their characters," Dr Chua added.

Hanmudo Association of Singapore
Tampines Changkat Community Club, 13 Tampines Street 11; Hougang Community Club, 35 Hougang Ave 3; and Punggol Community Club, 3 Hougang Ave 6, www.hanmudo-hapkido.com.
Dr Chua conducts classes thrice a week, with 15 to 20 students per class to ensure that dangerous techniques such as pressure points, leveraging and joint-locks are properly taught.

NINJITSU

Simply put, "*Ninjitsu* is the art of the *ninja*," *shidoshi* Nachum Kaplan expressed.

Even though *ninjitsu* is associated with *ninjas*, one should erase the image in your head of individuals jumping from wall to wall, dashing around in black top-to-toe get-ups.

Founded in Japan, *ninjitsu* was mainly used for spying with the art rising to prominence during the Warring States period. "As it is the art of the *ninja*, there is a lot of hidden stuff in the movement that you cannot see unless you are trained to so. We rely on natural movement, balance, distance, timing and angling for power so it's deceptive and you need not be big or strong," Kaplan revealed.

Most martial arts have a signature move, but Kaplan believes that in *ninjitsu*, its signature move involves everything as being predictable is a weakness that can get one killed. This is why in *ninjitsu*, a person is trained to fight standing up, sitting down, on the ground and even in water. You are also trained to use various weapons to your advantage.

"However, we do these things in our own unique way. We don't just strike but we have special ways of targeting nerves and bones. We don't just throw but we throw in special ways that make it very hard for our opponent to land safely. It'll never be what you expect," Kaplan added.

On a side note, for anyone who's interested in picking up this rare martial art with a hope of becoming a *ninjitsu* instructor in the future, you might want to know that there is a peculiar test involved. "It involves kneeling down with your eyes closed while a master stands behind you with a sword and attempts to cut you with killer intent. To pass the test, you have to be able to roll out of the way upon sensing when he is about to strike," Kaplan disclosed.

Mumei Shudan Aikido Dojo
3/F, 149C Selegie Road,
www.singaporeninjutsu.com.
Currently, Kaplan conducts lessons once a week to an average class of 10 to 14 students. He will soon be adding four new beginner classes a week.



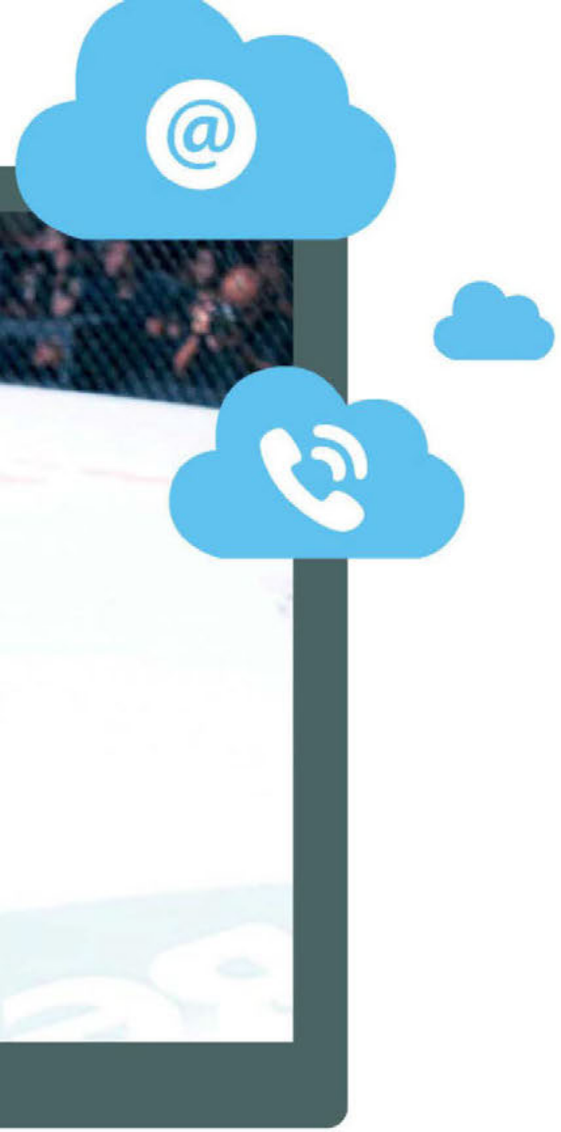
WORLD WIDE FIGHT

FHM takes a look at the sport of social media through ONE Fighting Championship (One FC).

Words **Cheryl Tay**
Photography **Cheryl Tay, ONE FC**

That's right — we think social media is a sport; a rapidly evolving sport where people from around the world compete to see who gets the most number of "likes", comments or selfies. Social-media platforms such as Facebook, Twitter and Instagram have become more than just applications for people to share content in virtual communities. It has become an important tool in marketing and branding, as corporations around the world invest heavily in these platforms to reach out to consumers. More specifically, social media now plays a significant role for sports fans as they turn to these as news sources — bite-sized "live" updates on Twitter, photo highlights on Facebook or Instagram, and video replays on YouTube. In addition, fans are able to interact with each other by commenting and the viral effect comes when they start sharing.

In sports, social media is widely used by organisers, promotions, teams, athletes and



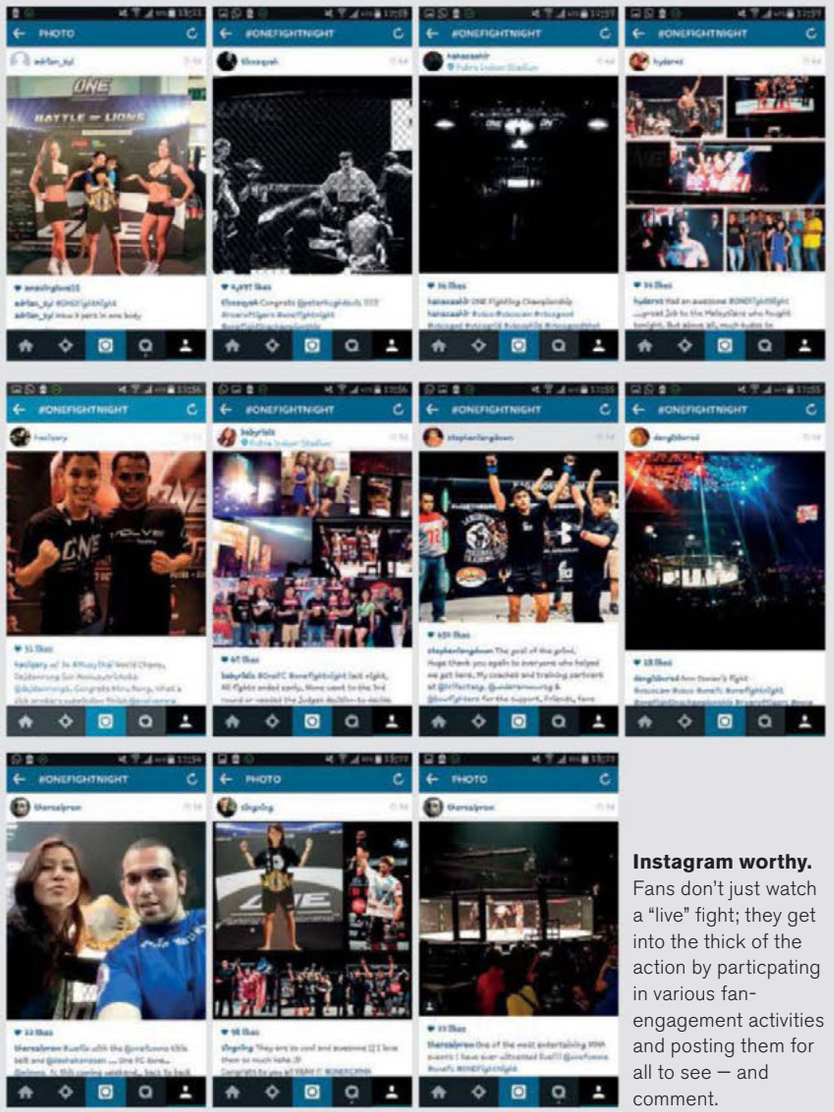
fans. The use of hashtags brings everyone closer, uniting all related content under that one powerful "#". Let's take a closer look at how One FC strategically utilises social media to its advantage.

On fight night, fans can tune in to the "live" broadcast on TV, watch the livestream on PCs or mobile devices, follow One FC's Facebook and Twitter for highlights, or read "live" updates on Yahoo! Sports to know what's happening. Between events of Asia's largest MMA promotion, fans are also continually kept updated, with exciting announcements, news or contests.

"Facebook, Instagram, Twitter and YouTube create valuable opportunities for us to interact and connect with our fans around the world," said Jason Lim, who oversees the social-media platforms of One FC. "We constantly engage them with the latest news and announcements through Facebook, as well as provide "live" updates of our events. It has proven to be a great method for fan participation and branding."

The follower count for One FC's Facebook page currently stands at 1.4 million (and counting) from all over the world, which is essentially the One FC virtual community. Lim added, "Besides using social media as a way to get our news out, it is also a channel for us to hear from our fans. We regularly conduct polls, contest giveaways and ask them what they would like to see."

WHAT ARE FANS SAYING ABOUT ONE FC? WE FIND OUT THROUGH SOCIAL MEDIA...



Instagram worthy. Fans don't just watch a "live" fight; they get into the thick of the action by particpating in various fan-engagement activities and posting them for all to see — and comment.



Facebook updates The ideal communication tool to reach out to ONE FC's 1.4 million fans around the globe.

ART OF JUICING

ONE Fighting Championship's vice-president and three-time middleweight world champion Rich "Ace" Franklin talks about juicing or blending your foods to accomplish your nutritional needs.

Photography **Cheryl Tay, Armor Gel**

"I eat for fuel, not taste. How did I arrive at such a nutritional philosophy? I took a nutritional class as a high-school elective credit, where I tracked my nutrition for three days and evaluated my eating habits. When I realised just how bad my eating habits were, I decided to make a change.

"For lunch the following day and from that point onwards, I skipped the dessert I always bought and switched chocolate milk to white milk. It was a small but a conscious change.

"Fast-forward years later, I weigh my food, track my macronutrients, sampled nearly every supplement out there and attempted every nutritional trick you can think of.

"Initially my concern was gaining muscle, which translated to athletic performance as I began to compete. After I turned 30, my nutritional focus was recovery. I needed a way to maximise the vitamins and minerals I consumed daily, as the body needs to heal from inside out on a cellular level. Juicing or blending was the easiest way to accomplish such nutritional needs.

"Every morning, I have a blended juice with my breakfast. (*Note: I drink it with my breakfast and not as breakfast.*) In its most simplistic form, my morning drink contains as many greens as possible with a pinch of ginger root and some fruit. I recommend those new to juicing or blending to follow my basic recipe for a morning drink with greens for breakfast:

01 Put 1 to 2 cups of cold water depending how thick you want your juice to be.

02 Use a variety of greens, such as kale, mint, parsley or spinach.
- **a** Start with 1 to 2 handfuls of spinach.
- **b** Parsley is good for detoxification but no more than a handful, otherwise it might change the taste profile of the juice.
- **c** Mint has great detox properties and a sweet flavour, too, so it fools your palate into thinking you are eating something sweeter than you are.

03 Add a bit of ginger (knuckle-sized will do). It's an antioxidant and good for anti-inflammation.

04 Finally, add fruits (whatever type you like). I use grapefruit but you can go for something sweeter like pineapple, bananas or both. Put as much fruit as necessary to make it palatable. It's better to get your vegetables with some excess fruit sugar, than no vegetables at all. (*With time, slowly reduce the amount of fruits you add to your drink.*) Blend and drink.

"Although my recipe is not for the faint-hearted, you have the ability to manipulate it to suit your taste buds. The beauty of juicing is it still maintains the vitamin and mineral content of the juice without the pulp. But I prefer blending as opposed to juicing because it retains the pulp of the fruits and vegetables, plus the machine is easier to clean. Yes, there is some laziness to this method, but it allows me to consume all my fruits and vegetables needed in one day without having to chew.

"My advice is simple: Never sacrifice taste for nutrition. Any successful nutritional plan satisfies two criteria — convenience and taste. Blending your fruits and vegetables offers those exact benefits. Once you have developed a system, you'll realise how quick it is to make a blended juice in the morning and drink it. Save the chewing for another meal, Very few juice companies like ZeLin (the one I co-own) put painstaking effort into all the variables that can taint the nutritional profile of a juice. Therefore, I prefer to make my own to keep it as fresh as possible."



OR YOU CAN TRY...

If a greens drink is too much for you, Franklin has a special smoothie recipe from his ZeLin brand that you can follow for a healthy sweet treat.

Mint Chip
- 300ml coconut milk/almond milk
- 1.5 bananas
- 1 tbsp cacao powder
- 1 date, pitted
- 10 mint leaves
- 1 tsp cacao nibs/almonds

Download the FHM iPad app and watch an exclusive video of Rich Franklin introducing his morning greens drink and the sweet treat.




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Stripped Down

GEARED UP TO FIGHT

ONE Fighting Championship bantamweight Stephen Langdown (2-1) takes us through the full set of gear he uses for his training and fights.

Words **Cheryl Tay**
Photography **Cheryl Tay, ONE FC**











01 BOXING GLOVES
Used for sparring and pad work in boxing and *muay Thai*.

02 MMA GLOVES
Used for sparring, pad work and fights in MMA.

03 SHIN PADS
Used in *muay Thai* sparring to prevent excessive damage to sparring partner and swelling of shins.

04 HAND WRAPS
Worn under boxing gloves to support knuckles and wrists.

05 HEAD GUARD
Used in sparring for boxing or *muay Thai* to prevent cuts and swelling.

06 RASH GUARD (TOP)
Prevents abrasions during training; most commonly used in Brazilian *jujitsu*.

07 FIGHT SHORTS
Worn during fights. Langdown prefers board shorts for its comfort.

08 CUP
Protects the "family jewels" in case of a low blow.

09 MOUTH GUARD
Absorbs shock and protects teeth upon impact to the jaw.

10 GI
Uniform for Brazilian *jujitsu*; belt signifies rank.

11 *MUAY THAI* SHORTS
Usually handmade from satin. Has extra-wide leg room for greater ease of movement, and elastic waistband with drawstring for good fit.



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STYLE X STYLE

Throwback

ROAR OF TIGERS

One fighter stood out at *ONE FC: Roar of Tigers* – someone with a sweet smile paired with a spunky personality and ferocious fight game.

Words and photography **Cheryl Tay**

Typically, our advice is to avoid approaching any fighters during the 24-hour window before weigh-in*. They are either grumpy, sleepy or angsty — and probably not a lot of fun to talk to — due to lack of food and water. Well, except for one.

She was in a gorgeous white dress in full makeup, complete with high heels, striking poses like a model – but wait, this was no fashion shoot. This girl is legit. After all, Ann Osman is the highest-profile female mixed martial artist in Asia.

The Malaysian was about to have the biggest fight of her life in two days at *ONE FC: Roar of Tigers*, but there were no signs of pressure as she twirled her hair and arched her fit, toned body effortlessly into flattering poses.

"Any modelling experience?" we asked.

"No way, not at all!" she laughed.

Weight cutting can be a painful process but Osman doesn't see why it has to be taken negatively. Keeping positive is her mantra in life and from the way she prances around cheerily, you'd never have guessed that she still had a number of kilos to cut.

But making it through as she always does, Osman got the crowd at the packed Stadium Putra in KL roaring to their feet when she locked her Egyptian opponent Aya Saeid Saber down with her strong thighs, before working the ground and pound with vicious punches and elbows to take her first win on home soil.

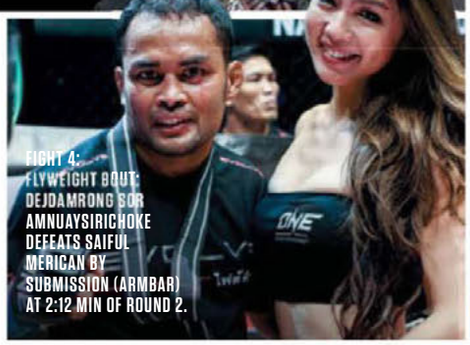
It was also the first victory for Malaysia that night and the spirited fighter did a dance around the cage before grooving to the beat of the music in celebration.

Keep your eyes on for this fighting babe — she has the entire package of looks, skills and personality, capturing hearts of fans in and out of the cage, and may well be the first ONE FC female world champion one day. **FHM**

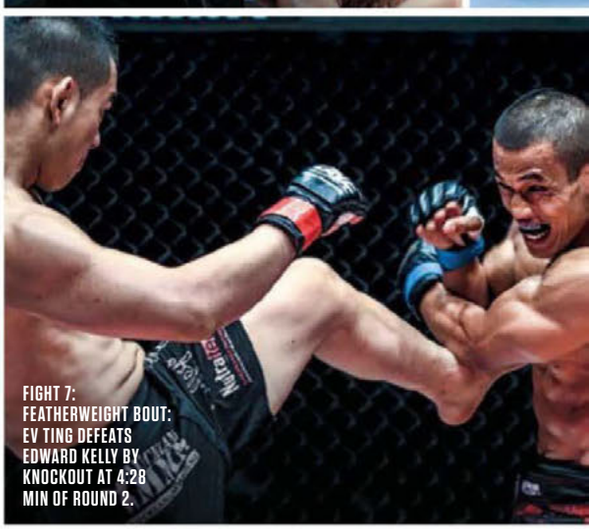
* WHAT IS A WEIGHT CUT?

Cutting weight plays a major role in the strategy of fighting in MMA. Fighters are usually walking around 5 to 10kg above the allocated weight class and will cut all that weight for the day of weigh-ins, and re-hydrate to put all the weight back on before they step inside the cage to compete. Weight cut is done over an extended period of time through proper dieting followed by an intense process of dehydration 24 hours before weigh-in. Rehydration and refuelling are practiced immediately after the fighter has made weight.

Source: *www.evolutionary.org*



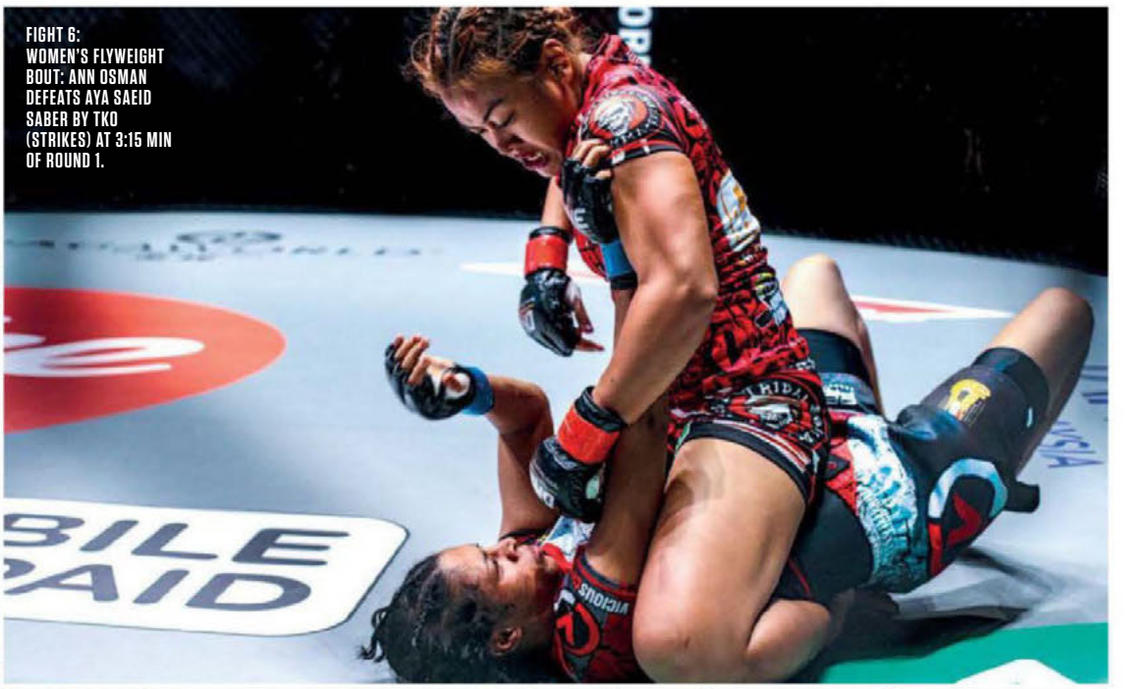
FIGHT 4: FLYWEIGHT BOUT: DEJDAMRONG SOR AMNUAYSIRICHOKE DEFEATS SAIFUL MERICAN BY SUBMISSION (ARMBAR) AT 2:12 MIN OF ROUND 2.



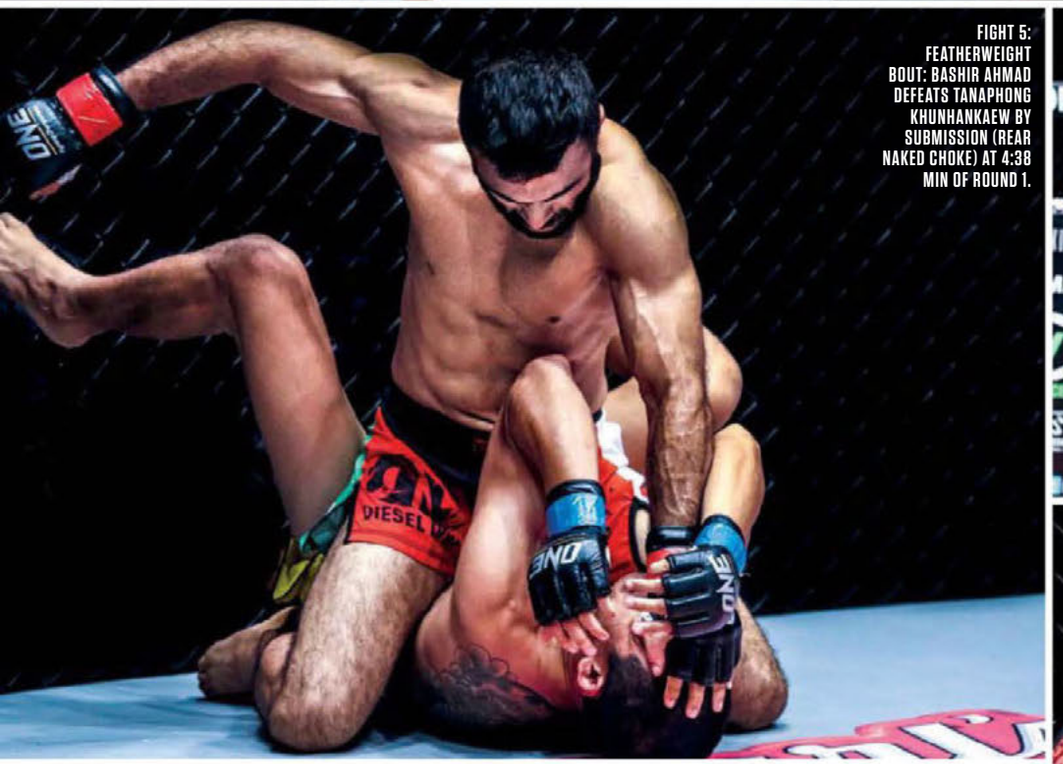
FIGHT 7: FEATHERWEIGHT BOUT: EV TING DEFEATS EDWARD KELLY BY KNOCKOUT AT 4:28 MIN OF ROUND 2.



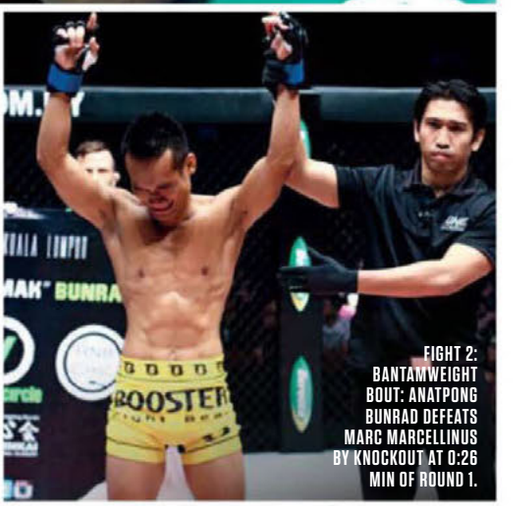
FIGHT 8: LIGHTWEIGHT BOUT: PETER DAVIS DEFEATS VAUGHN DONAYRE BY TKO (STRIKES) AT 4:50 MIN OF ROUND 1.



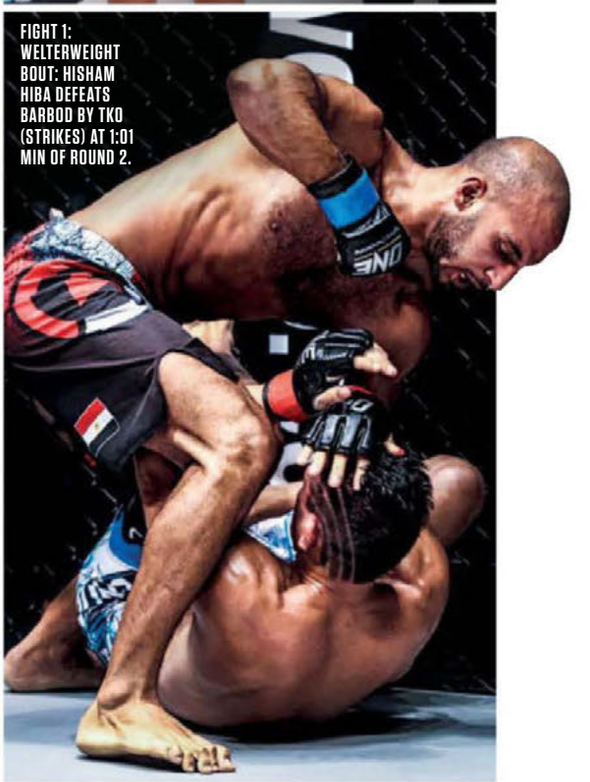
FIGHT 6: WOMEN'S FLYWEIGHT BOUT: ANN OSMAN DEFEATS AYA SAEID SABER BY TKO (STRIKES) AT 3:15 MIN OF ROUND 1.



FIGHT 5: FEATHERWEIGHT BOUT: BASHIR AHMAD DEFEATS TANAPHONG KHUNHANKAEW BY SUBMISSION (REAR NAKED CHOKE) AT 4:38 MIN OF ROUND 1.

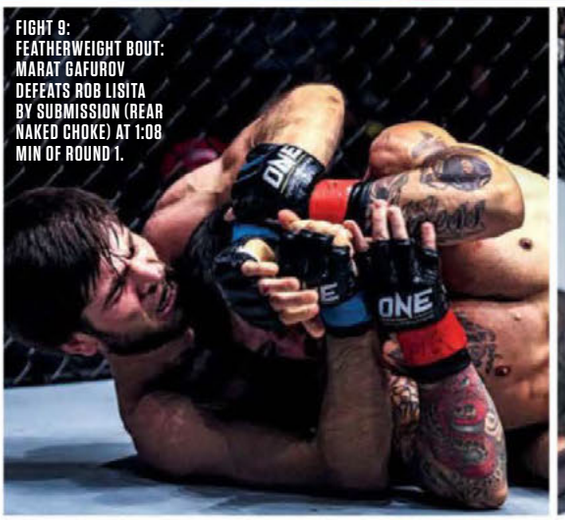


FIGHT 2: BANTAMWEIGHT BOUT: ANATPONG BUNRAD DEFEATS MARC MARCELLINUS BY KNOCKOUT AT 0:26 MIN OF ROUND 1.



FIGHT 1: WELTERWEIGHT BOUT: HISHAM HIBA DEFEATS BARBOD BY TKO (STRIKES) AT 1:01 MIN OF ROUND 2.





FIGHT 9: FEATHERWEIGHT BOUT: MARAT GAFUROV DEFEATS ROB LISITA BY SUBMISSION (REAR NAKED CHOKE) AT 1:08 MIN OF ROUND 1.



FIGHT 3: BANTAMWEIGHT BOUT: STEPHEN LANGDOWN DEFEATS RAYMOND TAN BY KNOCKOUT (STRIKES) AT 2:28 MIN OF ROUND 1.


WHO'S HE?
Age:
Between 35 to 45
Likes:
Snow leopards, vodka, nature
Dislikes:
Poachers, bullies
Polistas
SNOW LEOPARD
POLO TEAM

Dream Big

BORN TO BE WILD

Snow Leopard Vodka founder Stephen Sparrow has led a life most extraordinary. *FHM* breaks into a couple of bottles with the ex-forest-ranger-animal-conservationist-lawyer-now-turned-alcohol-entrepreneur.

I love the sound of cuckoos. As a child, I knew summer had arrived once I heard the cuckoos in my hometown of Berkshire. Sadly, though, they haven't been heard back home for 30 years. But while in Mongolia, I heard the cuckoos again in the morning and it brought me back to my childhood.

I hate bullies. Whenever I witness bullying, it makes me angry. If I'm in a position to stop it, I will. After all, no one likes to hear the sound of distressed humans or animals.

There is a real peace that can be obtained from the natural world. You can't nail it down to one particular aspect. For instance, I've been to a lot of mountain ranges, but it's difficult to find words that adequately describe the scale, power and permanence of the Himalayas.

I felt emotionally wealthy working as a forest ranger. Going on the first mountain-bike safari from Nairobi to Victoria Falls, it was an offbeat experience where I camped out in the bush. Sleeping under the blanket of stars, it's one of the most beautiful sights on the planet. And best of all, it cost nothing.

This is so hippie but I enjoy hanging out with animals. I have experienced some incredible wildlife, such as spending time with gorillas in Rwanda. For peaceful contemplation, I head to Kenya's Amboseli National Park for a spot of elephant watching. If you observe the elephants, you'll notice subtle behaviour that implies intelligence. Marrying power and gentleness, elephants are capable of mourning and even returning to past homes.

I had a bad case of culture clash on my first day of work as a safari guide. I was living out in the wild for three months. After getting back and having spent only one night on a bed, I arrived at my first law firm as "Jungle Jim". The corporate culture was a total change for me, going from doing what it takes to survive in the wild to being detail orientated and stifled in a starchy atmosphere.

I was let go from GH Mumm's global-sponsorship division after some corporate restructuring. Thirty-five and single at that time, I decided that life is short and to do the things I have always wanted. So I went skiing for a month in Colorado; followed by Argentina, where I did some horse riding, polo and learnt to tango.

Eventually I travelled to the Himalayas, where I learnt about the plight of snow leopards. It drove me to do research on snow-leopard conservation. This was when I realised there was a greater need to follow through with the locals. That is why I started the Snow Leopard Trust UK.

I didn't have any money, so I came up with the idea of creating a super-premium vodka — hence Snow Leopard Vodka. Besides helping the local Himalayan community, I'm using part of the profits to help get the snow leopard off the endangered list.



Four years ago, I was just 4m away from a snow leopard. To date, it is the closest anyone has been able to photograph a wild snow leopard.

Setting up a business is never easy. But the real beauty of my story is I ensured that the snow leopards always got the money. In the third year, we started exporting internationally and the turnover tripled over a 12-month period. I was listening to a BBC news bulletin one morning and heard about poor Himalayan herders losing their livestock. In that region, it was not unheard of to lose animals to predators like the snow leopards. And in order to stop them from killing the snow leopards, I found the £50,000 needed to replenish their livestock.

There are two types of camel; those that are easy to ride and those that are a shocking ride. Normally when mounting the camel, you have to be gentle and trusting. Much like riding a horse, you will also need a certain firmness and kind authority when it comes to camel riding.

"I didn't have any money, so I came up with the idea of creating a super-premium vodka and used part of the profits to help get the snow leopard off the endangered list.

One thing you should know about women and wildlife, they are both "wild". They can behave unpredictable from time to time. But both are capable of beautiful things. Women and wildlife are wild in their intuition and responsiveness.

If I could try a different profession, I would be a doctor. It's a job that combines intellectual curiosity with a way to help others. Besides, my parents were both medical doctors, too.

My advice to all budding entrepreneurs: Research your business plan thoroughly. It acts as a kick-start for your business. When reality does not stack up to expectations, it is comforting to know that your business idea is solid.

Always seek counsel with experienced people who have your best interests at heart. They function as personal advisers that you can depend on from the start. For instance, when I started Snow Leopard Vodka, I wanted to make sure that it was a robust business idea. So, I spoke to industry friends and the vodka was met with universal approval. That is the biggest piece of advice I can give anyone. **FHM**

WORDS: TIMOTHY WEE. PHOTOS: SNOW LEOPARD VODKA & STEPHEN SPARROW



DINNER: THE BOILER

Located at an unfashionable area, The Boiler is a South-American seafood restaurant and bar owned by bankers-turned-restaurateurs. The industrial-looking joint that serves Louisiana cuisine, including Dungeness crabs and Boston lobsters, dressed in either spicy Cajun or butter sauce.

Order: For large groups, we recommend the Boiler's Bombdiggity Bag. The massive serving of seafood consists of Dungeness crabs, prawns, mussels, clams, corn and smoked chorizos. We had ours with the medium Cajun sauce and it packed quite a punch. To wash it all down, order the thirst-quenching Beerita. The Boiler's take on margarita. The combination of citrus juices with Corona beer is just what our food doctor ordered.

Opens Sun to Thu, 5.30pm to 10.30pm; Fri and Sat, 5.30pm to midnight. #01-06 Novelty Bizcentre, 18 Howard Road, Tel: 6635-1285, www.theboiler.com.sg.

POST-DINNER DRINKS: SOUTHBRIDGE



Southbridge is a newly opened rooftop oyster bar overseeing Singapore River. With six types of sauce to choose from, enjoy your freshly shucked delight with a full view of iconic buildings such as Marina Bay Sands, Boat Quay and Parliament House in sight.

Order: Bearing in mind everyone is still stuffed from dinner, dive straight for Southbridge's craft cocktails. We love Italian bartender Gerry Callipo's remake of the caipirinha — The Elgin's. A concoction of Abelha Silver *cachaça*, pineapple and cinnamon-salted caramel, this sweet, smoky drink is the perfect companion to go along with its range of cigars.

Opens Mon to Thu, 5pm to midnight; Fri and Sat, 3pm to midnight. Level 5, 80 Boat Quay, Tel: 6536-5818, www.southbridge.sg.





PARTY TIME: SHOW CLUB

Bored with the usual hard-clubbing venues? Get grooving at this new Mandopop "live" performance bar-club. With a Three Kingdoms theme, the décor features portraits of ancient Chinese beauties, as well as legendary *Romance of the Three Kingdoms* characters.

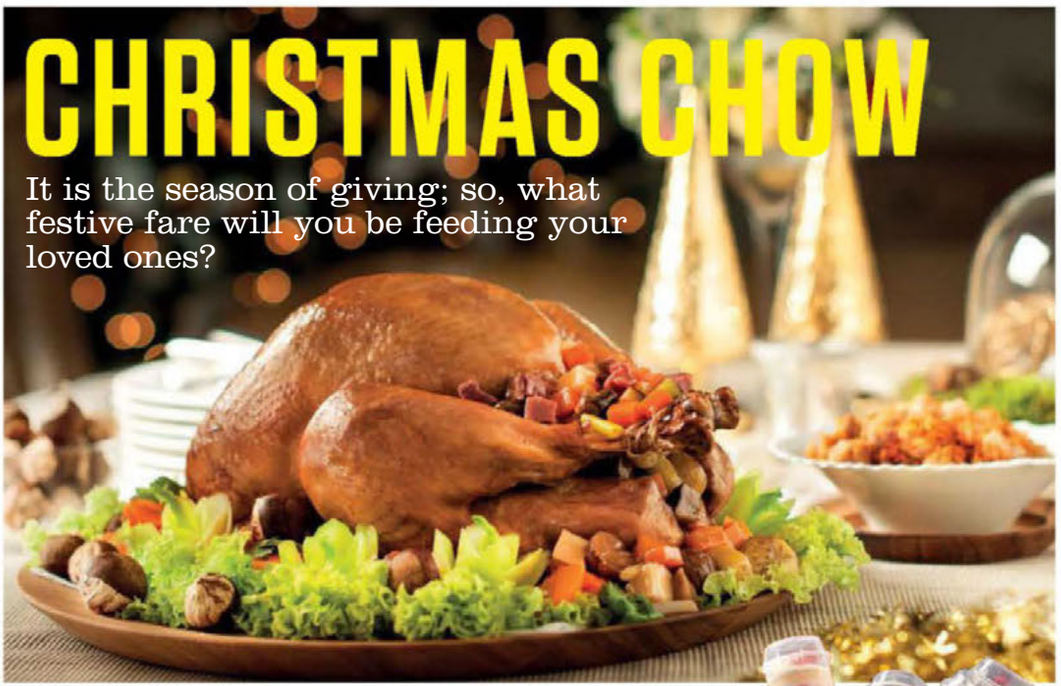
Catch: There's never a dull moment at Show Club. Its nightly "live" entertainment features regional and local acts that perform hit songs from the '80s to present day. There is also a crew of gorgeous Taiwanese dancers to feast your eyes on.

Opens Mon to Thu, 7pm to 3am; Fri and Sat, 7pm to 4am. #05-05 Bugis+, 201 Victoria Street, Tel: 6509-9559, www.facebook.com/ShowClubSG/.

WORDS: TIMOTHY WEE

CHRISTMAS CHOW

It is the season of giving; so, what festive fare will you be feeding your loved ones?









GOODWOOD PARK HOTEL

With our busy work life, preparing for a Christmas celebratory feast can prove to be tricky. But we are not alone as the good folks at Goodwood Park Hotel have rolled out a wide selection of essential festive fare, such as pork racks and log cakes, for takeaways. Available from 1 to 26 December, it's highly recommended you make your order three days ahead.

Order: Nothing smells more like Christmas than a good old-fashioned turkey. Sized for a party of 10, the succulent bird is stuffed with fragrant chestnuts and mushrooms, and topped with a robust oyster sauce and side vegetables, it's the perfect centrepiece dish for your festive meal.

Opens Mon to Sun, 9am to 9pm, Goodwood Park Hotel, 22 Scotts Road, Tel: 6737-7411, www.goodwoodparkhotel.com.

LEWIN TERRACE — JAPANESE FRENCH CUISINE



Combining two of the world's greatest cuisines, Lewin Terrace is an established name in the Japanese-French fusion fare. With the festive season upon us, the fine-dining eatery has rolled out a divine five-course Christmas dinner to tickle your taste buds. Inspired by seasonal Hokkaido seafood, dig in to briny delights such as sea urchin, crabs and scallops. Its seasonal menu for December sets you back by $148 a diner.

Order: As the main course of the meal, the sautéed kinki from the Christmas set dinner is definitely the star of the show. Drizzled in Hokkaido rice sauce, the pan-seared deep-sea fish is served with three different side vegetables.

Opens Mon to Sun, noon to 3pm, 6.30pm to 11pm, 21 Lewin Terrace, Tel: 6333-9905, www.facebook.com/lewinterrace.sg.







SPATHE PUBLIC HOUSE

From the braised suckling pig to the tantalising gingerbread goblet, nothing smells like Christmas more than a hearty fill of Santa's favourite treats. The folks at this casual-chic European eatery is pulling out all the stops this holiday season with air-flown delicacies from the world over.

Order: Back by popular demand, the Christmas Turducken (yes, "turducken") transports you to poultry heaven. Taste three different types of birds in one meal. Best for a group of six, the chicken in a duck in a turkey is deep fried to give it a crispy and salty exterior, and a surprisingly moist and tender interior. Accompanied by sautéed brussels sprouts, garlic potatoes and cabbage braised in red wine and cranberry juice, the Christmas Turducken will put an exclamation mark in any festive feast. Available 1 to 25 December. Call three days in advance if you want to order the Turducken.

Opens Mon to Fri, noon to 11pm; Sat and Sun, 10am to 11pm. 8 Mohamed Sultan Road, Tel: 6735-1035, www.spathepublichouse.com

WORDS: JANINE LEE & EMILLIO RODRIGUES.

Get the Tonic

JOIN THE GIN UPRISING

There's a revolution happening in your booze cupboard…



CHILGROVE
This Sussex distillery may be under a year old, but they've gone back to 16th-century Holland for inspiration to become England's first grape-based gin.
www.chilgrovegin.com

OPIHR ORIENTAL SPICED
Only one year old, these guys have scoured the globe for the best ingredients, including Moroccan coriander, black pepper from India and cubeb berries from Indonesia.
www.opihr.com

BUTLER'S
If you ever travel to London, hit up one of Ross Butler's "Drunch" (drunken launch) parties, and jump aboard his Thames-going, gin-making vessel to drink like a potty-mouthed sailor.
www.butlersgin.co.uk

For years, gin drinkers have simply reached for old faithfuls like Gordon's, Beefeater, Bombay Sapphire and, more recently, Hendrick's. Thankfully, on the coattails of the craft beer movement, men and women with inclination to the juniper berry-based tipple have said "to hell with predictable gin".

Independent micro-distilleries have made it exciting, taking advantage of the gung-ho approach to distilling and perfecting their own, very different batches and bringing complex taste and depth to your glass. From spirits made on boats to batshit crazy ingredients, meet the guys who are leading the revolution…

WORDS: FHM UK



(FROM LEFT) SIPSMITH'S JARED BROWN, SAM GALSWORTHY

MEET YOUR MAKERS

Fairfax Hall, co-founder of Sipsmith gin, on the seeds of the revolution…

What's going on with gin right now?
It's exploded. Gin's always been around but it was something you'd think only armchair philosophers drink. But everything's cyclical; vodka was big in the '90s but people started to look for quality and they saw how much gin had to offer.

But why now?
Premium bottles are now easily accessible. They are fairly afforable, too. Why gin? Maybe people just got bored with vodka.

Where did it all begin for you?
We saw the craft beer and distilling movement in the US back in 2000 when there was only a handful of them. Now there's about 400. We were inspired by the quality of product and how much people loved it, and thought it would be great to bring that to the UK. We ditched our jobs and sold our houses to set it up in January 2000, but it was two-and-a-half years later until we sold a bottle. There was a bit of angst, definitely.

Are you responsible for the gin revolution in the UK?
I like to think we've at least contributed, yeah.

What's the first thing an aspiring gin distiller should do?
People want to know who made it, where it's from and its authenticity. If you're trying to make a quick buck, you'll be found out quickly.

How do you make a gin-and-tonic like a pro?
Use loads and loads of ice. If you finish your drink and all the ice has melted, you haven't used enough to keep it cold, and you've diluted your taste.

KNOW YOUR GINS

How to tell the three big players apart…

London Dry
Doesn't have to be made in London, but it will be heavily juniper flavoured and dry.
Example: Gordon's.

Plymouth
It must be from Plymouth, Devon, and tastes earthier than its London cousin.
Example: Plymouth Gin.

New American
Anything that's infused with unusual flavours rather than traditional juniper berries.
Example: Hendrick's.

BEST BOTTLES



CHASE ELEGANT GIN
Gin can begin life as vodka and Chase distillery makes this A-grade spirit using its potato voddy, 11 select botanicals and mineral water.
www.chasedistillery.co.uk



THE BOTANIST
Scotland's Islay is famed for peaty whiskies like Lagavulin. Now it has its own gin, flavoured with 22 local botanicals foraged from the local hills.
www.thebotanist.com



DÀ MHÌLE SEAWEED GIN
Its golden hue is the product of a three-week infusion with organic Cornish seaweed. Smells like a classic, but sure doesn't taste like it.
www.damhile.co.uk



SIPSMITH LONDON DRY
These guys are owning the drink scene in London right now. Not bad for a booze created in a tiny garage.
www.sipsmith.com



BLOOM
This baby is a delicious, mum-friendly blend of honeysuckle, chamomile and pomelo.
www.bloomgin.com



WARNER EDWARDS
What happens when two gin-loving lifelong pals join forces in an old barn, and combine their Welsh and English farm produce? A bottle of this.
www.warneredwards.com

ACE YOUR ONLINE DATING HIT RATE

Get Your Click On

Whether you're looking for love or just a bit of fun, here's how to get your girl.

Our aptly named expert, Matthew Valentines, is the executive director at UK's Personal Dating Assistants. He and his team manage the online-dating profiles of their cash-rich, time-poor customers. In other words, he's the king of Internet dating. Behold his wisdom…



01

TELL HER SHE'S HOT, BUT NOT ONLY THAT

A good format for an opening message is a sincere interest, a compliment and then a question. Identify what the woman's leading with on her profile. If she's got a picture with a cat, then you can tease her for being a crazy cat lady. Then you give her a compliment – "I think you have a great sense of style" – and then you ask her a question: "Do you travel much?" Compliments on appearance are the best openers – just don't leave it at that. Say, "Wow, you have some nice curves" but then add, "Looks like you read a lot, what's your favourite book?"

02

LOOK INTERESTING, EVEN IF YOU'RE NOT

When it comes to Tinder, research shows that women judge guys almost exclusively on their pictures. What you say in your profile gives a little insight into your personality, but statistically, guys doing something interesting in their pictures get more matches. Women like to see some context – what you do and what you're into. If you're playing the guitar, or playing some kind of sport, those go over very well.

03

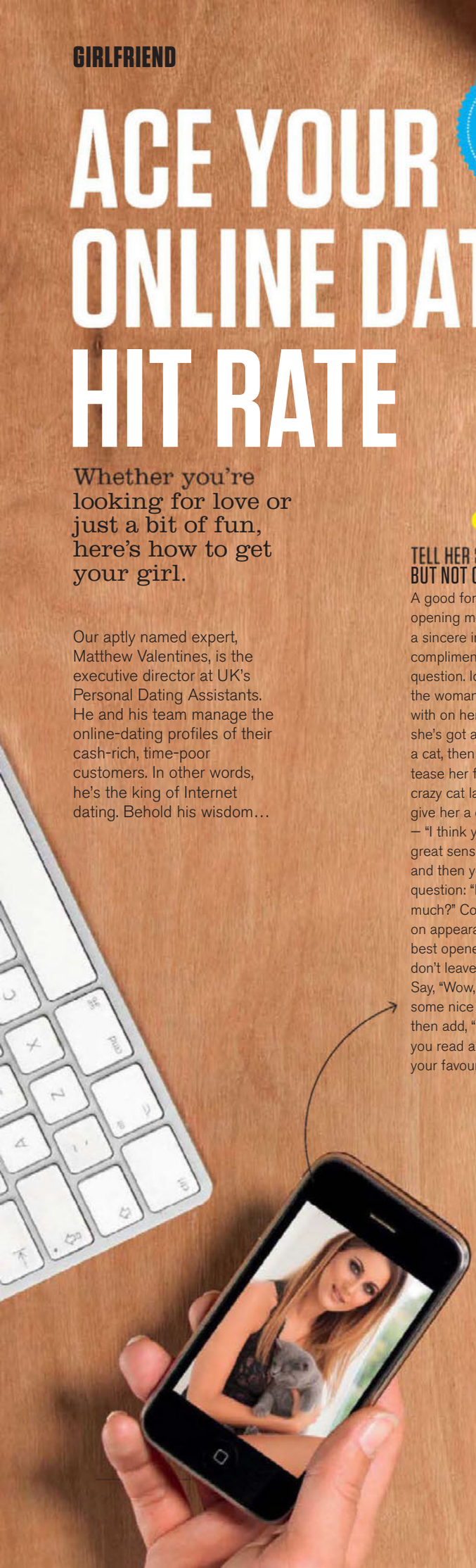
REALISE IT'S OKAY TO TELL WHITE LIES

Everyone's looking for an edge. Most men embellish their height by one or two inches, or their income by $10,000 to $20,000. Women, on the other hand, tend to bring their age down, by as much as five to 10 years. There isn't any malicious intent behind it. The truth is, if there's chemistry and fireworks in person, all those numbers go out the window.

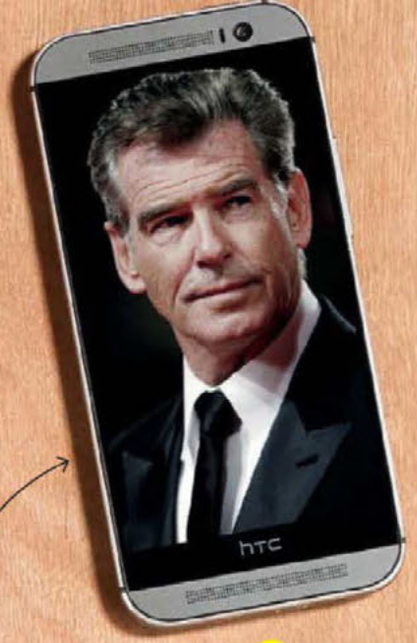
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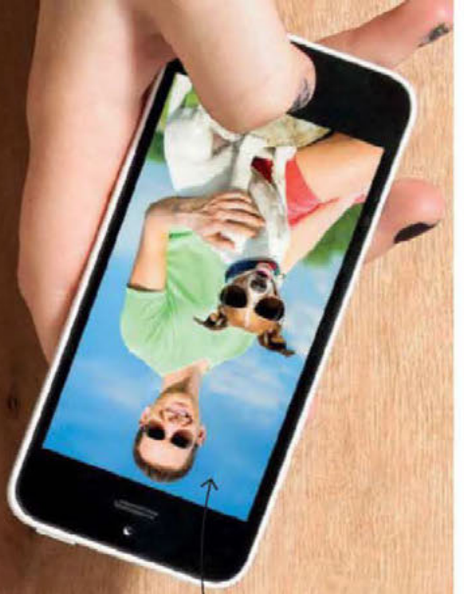
IT'S A GAME, SO PICK YOUR CHARACTER

Men and women use dating sites completely differently. Men create a lot of content and send a lot of messages. Women don't typically read profiles in great depth; they just screen them. There are three main archetypes women screen for: Lover, provider and friend. Decide what your angle is. And there are certain key words that we know women tend to respond to. "Gentleman" is one that resonates very strongly.









05

COME OVER ALL JAMES BOND

Another strategy is called "the wedding toast", where we want someone to laugh, and then we want them to say "aww". So it's a combination of saying something funny followed by something sincere. That comes across really well on dating sites. And don't give too much away. If you're getting on well, you can even say something like, "I would tell you more, but I want to leave a little mystery." Building intrigue is a huge thing that really spikes attraction.

06

PLAY THE NUMBERS GAME

Online dating is, in my opinion, better than meeting women in real life. Let's say you go out to a bar or a club – how many women are you realistically going to see who you're really interested in? Whereas if you're on a dating site, you have hundreds and hundreds of prospects. Those who shun online dating are going to be lonely, or keep playing the game of going out to clubs and buying drinks. That's a very outdated model.

07

DON'T WASTE YOUR TIME

Guys who get the most frustrated with online dating are the ones who take a lot of time constructing a really heartfelt message to a woman they're interested in, and then never hear back. It's very disheartening when that happens to you a few times. At first, just gauge interest to see if she's going to respond to you. If she does, then sure, it's worth putting more effort into it. But to do that upfront makes absolutely no sense.

08

DON'T BE FOOLED BY PSEUDO-SCIENCE

A lot of online dating sites use so-called matching algorithms, but the jury's still out as to how effective these actually are. Christian Rudder, the founder of OkCupid, said recently that this matching is more of a psychosomatic thing. People think that they're higher matched so they end up communicating. They have this idea that they should be well-matched because they see this percentage score, and that's enough for them to start chatting.



Psych Intel

Cyberpsychologist Nicola Fox Hamilton reveals how to choose a winning profile picture…

The group shot
This is quite a successful strategy. Women tend to prefer guys who look more extrovert in photographs – so, surrounding yourself with friends suggests that you're more extrovert and you've got a wide circle of friends.

A pet picture
academic research found that looking trustworthy and not being too masculine are attractive qualities women look for in men. If you've got a photograph with a kitten or a puppy, it ticks those boxes.

The cheesy smile
Strangely enough, research shows that it's important not to look too warm or kind – for guys, smiling isn't particularly successful. For a close-up headshot, looking away from the camera, not smiling, is actually more successful.

The topless selfie
As shallow as it sounds, research shows that this actually works well as long as you're in really good shape. It also depends what age you are – the effectiveness of those photographs ends around the age of 30.

WORDS: FHM UK. PHOTOGRAPHY: CONOR SHEEHAN

arista

CLOUT 9

THE LUXURY OF TIME

THE DEFINITIVE GUIDE TO TIMEPIECES.

BOOKS

Gant, Kenneth Cole and French Connection take us on a literary journey in a timely manner.

MUSIC

Music soothes the savage beast as Cerruti 1881, Puma and Esprit bring you on a tuneful sojourn.

ART & DESIGN

The lowdown on the close ties linking fashion watch labels like Aigner, Anne Klein, Kate Spade and Ted Baker, and the artistic world.

TRAVEL

Join Nixon, Police, Timex, and Tsovet on your next adventure.

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CONTENTS

2 ZOOM

4 BOOKS

12 MUSIC

18 FASHION

24 ART & DESIGN

30 TRAVEL

36 STOCKIST

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A PROJECT BY

style: style:MEN ELLE FHM



kate spade
NEW YORK





Instant Snaps

Forget #OOTDs. We plaster our walls with Polaroid photos of our favourite watches from this season #FTW.

Clockwise from top: FC1214C, $158, by FRENCH CONNECTION; ITE2104, $298, by TED BAKER; Hudson (W10933), $298, by GANT; Ironman (T5K814), $125, by TIMEX; and The Supertide (A3161727), $309, by NIXON.









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Art direction by Jasper Loh
Photography by Aik Chen

Books

American poet Emily Dickinson once said: “There is no Frigate like a Book/To take us Lands away.” She can’t be more spot-on. Whether it’s a classic, Shakespearean literature or modern bestseller, it transports us away from our daily rigours and stress. Books spread joy, one word at a time. Even the process of creating and crafting a good read is an art form that takes time and effort. Join Gant, Kenneth Cole and French Connection on a literary journey as we explore the world of literature in a timely manner.



FRENCH CONNECTION

WATCHES



From left: FC1222T, $185. FC1209T, $215. FC1210T, $188.

The Write Connection

It's all about time management when it comes to crafting a script. We say: Keep time with French Connection watches.

Deadlines matter in the world of publishing. Let French Connection watches, with their variety of clean and classic designs, help manage your time effectively. This season, it goes big on the black PVD treatment for its men's watches. Masculine and of-the-moment, the all-black matte case works well with leather straps. One tip: Keep your choice to a neutral palette of browns and blacks. Our favourite for this season is the FC1209T, which sports a 60-second sub-dial at 6 o'clock as well as a date counter at 12 — useful information at a glance.


LOOK GOOD, FOR GOOD.
—KENNETH COLE NEW YORK
AFTER 30 YEARS, THE KENNETH COLE FOUNDATION REMAINS COMMITTED TO SUPPORTING THE GREATER GOOD.

A Fine Read

Just as reading can transport us easily between alternate universes, Kenneth Cole watches can take you from work to play effortlessly.



Whether you need a watch for work, a formal dinner or to make a statement, the American marque has you covered. The stately presence of the IKC9375 with its cool, stainless steel case and bracelet makes it a great colleague in the boardroom; while IKC2882 and IKC2873 would adorn a lady's wrist to dazzling effect. The skeletonised dial of IKC8077 make for great ice-breakers — it definitely garners the right kind of attention.

From left: IKC9375, $288.
IKC2882, $275.
IKC2873, $245.

Below left: IKC8077, $325.


12
6



Master Strokes

Like the art of calligraphy, Gant watches speak of class and timelessness.

Gant horological pieces, unlike its fashion creations, are not trend-driven. Instead they take inspiration from vintage designs — think dual sub-dials and tri-compax chronographs in classic shades of gold and silver. A stand-out is the Marshfield Silver (W70612). It is built with the same design aesthetic as sports watches from the 1970s with horizontal dual sub-dials and a tachymeter on the bezel. The orange finishing at the tip of the seconds hand adds sporting elegance to it.

From left: Park Hill II Ladies Watch (W10927), $285. Marshfield Silver (W70612), $355. Vermont Chronograph (W70403), $398. Harrison (W70603), $368.

ULTRA SIZE

THE ULTRASIZE. BUILT BOLD.



www.puma.com/time

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Art direction by Desmond Lim
Photography by Aik Chen

Music

Music is indeed the common denominator of life. Whether you're eight or 80, there is a melody that will capture your attention, and evoke feelings in you. The same can be said for watches: More than an accessory or a time-telling instrument, it's a piece of precious memory that tugs at your heartstrings. Let Cerruti 1881, Puma and Esprit bring you on a tuneful sojourn.

From left: Motorsport Black Gold ULTRASIZE LDS (PU103462002), $195. Chronometer (PU103271003), $228. Wave (PU911201003), $88.

Bottom: Gummy (PU103592004), $118.

Spin Meister

Puma watches are fun, loud and energetic — akin to great beats that get your feet tapping.

Puma timepieces are anything but boring. Whether it's the motorsports-inspired pieces, the oversized range or colourful, sporty rubber pieces, it's always a joy to don these zany watches. Importantly, they not only tell time but also reflect your fun-loving, dynamic personality.



The Right Chords

Cerruti 1881 watches are as versatile as a guitar — playing well with the classics, modern and everything in between.



Cerruti 1881, the Italian fashion house, has classicism in its design philosophy. Its simple, three-hand pieces boast generous space on the dials, and their aesthetics are a throwback to vintage watches *circa* the 1960s. Although chronographs are sporty by nature, those in Cerruti's stable are more elegant, leaning towards the sportive lifestyle than sporting arenas. A suitable choice for any occasion.

From left: CRA110STR1BK, $475. CRA107SN02BK, $395. CRA111SN01BR, $245. CRA099I222C, $345. CRA098A212D, $425.

Left: CRA103STB02MS, $295.


CERRUTI
1881


ESPRIT
ESPRIT
ESPRIT



From left:
ES107302003, $175.
ES107812003, $168.
ES107632002, $175.

Right from top:
ES107682002, $205.
ES107712002, $228.
ES107742001, $185.

Open Strings

A violin's four strings and a bow make thousands of melodious tunes. Esprit adopts the same philosophy for its watches: Minimal but sleek wrist candy for women.

Sometimes, simplicity is all it takes — something that Esprit understands very well.

Its timepieces are never flashy or designed to take the spotlight. Instead, they let the wearer's persona shine through.

This season, its colour palette veers towards the muted — grey and rose gold. But it injects novelty into its creations; for example, the ES107302003 features a ring of crystals set in its bezel as well as pretty flower motifs on its dial.

To appeal to adventurous women, it created the ES107712002 that comes with a tortoiseshell bracelet and bezel, which go well with its warm yellow gold accents.









Photography by Aik Chen
Styling by Desmond Lim

Wrist Takers

Watches are more than just time-telling instruments these days. They complete an outfit and make strong statements about personalities. The best part? There is a watch for every occasion, purpose and style. Trust us, because we are all wrist takers.



Casoria (A46605), $645, by AIGNER.

Opposite: The Sentry Chrono (A4051887), $418, by NIXON.



From top: ITE3054, $298, by TED BAKER. JPT-PW36 (PW331910-40), $358, by TSOVET.

Opposite: Park Hill II (W10844), $328, by GANT.







AK-1465WTSV, $225,
by ANNE KLEIN.

Opposite from top:
IKC8063, $258, by
KENNETH COLE. Python
(PL13595JSB/03M),
$499, by POLICE.





Art direction by Teng Chern Ling
Photography by Aik Chen

Art & Design

Whether it's painting, photography or even the professional world of architecture, aesthetics play an integral part in the entire presentation. The same can be said about the world of watches: For the ticker to sit on the wrist and play a prominent role in shaping one's look, a watch has to be well-designed. Fashion labels like Aigner, Anne Klein, Kate Spade and Ted Baker show you how the world of art and design are inextricably linked with their creative processes.



From left: Gramercy Grand (1YRU0009), $358. Gramercy Grand (1YRU0479), $398. Metro (1YRU0173), $315. Carlyle (1YRU0183), $358.

City Slickers

Inspired by the Big Apple, kate spade new york's timepieces are hallmarked by graphic prints with a tinge of whimsy.

While still a newbie in the fashion watch scene, kate spade new york has fast established itself with the outstanding use of colours and prints. Take the Gramercy Grand watches, for example. Its all-gold case and bracelet already stand out in the pool of sombre blacks and browns, but the inclusion of bright-pink accents lends them a touch of playfulness synonymous with the kate spade new york brand.


AIGNER
AIGNER
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6900
3800



From left: Portobello (A30207), $425. Accera (A32275), $495. Genua Due (A31632), $865. Verona (A48025), $1,275.

Right: A24114B, $565.

Special thanks to Luxottica

Calculated Precision

It's not just about pillars, building blocks and cement walls. In architecture, every angle and line counts, the same way Aigner puts thought into crafting the right geometry for each piece.



Careful planning and strategising are done to ensure the perfect architectural design of a building. Every line and angle defines how the design will look. This mirrors how Aigner incorporates generous curves and graphic elements — like its iconic A-shape — into its designs. As a result, its watches are anything but cookie-cutter. That said, Aigner is not just about flash and splash. It also boasts classic offerings in its stable. A simple rectangular piece in the A24114B sports range, for example, displays its iconic logo at the 12 o'clock position on the dial.

Paint Works

It's no longer about splashes of colour for Ted Baker watches. Subtle accents take centrestage this season.

Ted Baker used to incorporate floral and paisley patterns into its designs including watch designs. But in recent seasons, there has been a shift in direction as it opts for more classic aesthetics.

Colours still pop out occasionally but always subtly. An orange seconds hand stands out on a navy dial in ITE1116, while the choice of tortoiseshell in brown hues complements the rose gold-coloured case of the ITE4100. For the ladies, rose gold takes on a starring role as many pieces sport that shade, which is great for both formal and casual outfits.





From left: ITE1116, $298. ITE1114, $355. ITE4100; $335.

Above: ITE2118, $325.



Clockwise from top: 10-9442RGLP, $135; 10-9918BKLE, $135; and AK-1450RGRG, $135.

Below: AK-1396MPRD, $135.

Picture Perfect

Crafting an Anne Klein watch is much the same as composing a good picture — both take careful planning and precision.

Photography is not just point-and-shoot. Insiders will tell you that the angle, composition and depth-of-field all play a role in creating an outstanding photo. The same can be said of Anne Klein's watch designs — It's more than slapping the brand name onto a dial. Thought has clearly been put into crafting its watches. For cocktail *soireés*, ladies can go for an elegant option in the AK-1396MPRD — its gold case is paired with a crimson leather strap to add a touch of *au courant* flash to a classic-looking watch. Those looking for an edge in their accessories can look to the AK-1450RGRG with its leopard-print strap.



Art direction by Alvin Leow
Photography by Ealbert Ho

Travel

To break the monotony of one’s daily routine, indulging in a little wanderlust certainly helps. It doesn’t matter if you’re sailing the high seas or soaking in the sights and sounds of a new city on your bike. Don’t rush, for time is on your side — and your wrist. Let your trusty ticker from Nixon, Police, Timex, and Tsovet accompany you on your next adventure, and reignite your senses.



From left: SVT-RS40 (RS221721-65), $465. JPT-TS44 (TS111313-45), $575. SVT-DE40 (DE222721-45), $645.

Aero Dynamic

Let Tsovet watches plot your flight path as you take off for your next adventure.

Aviators know the importance of watches in their travels as it's the tool to fall back on should the instruments in the cockpit fail. Whether you're a pilot or not, time is of the essence even in our daily travels. Which is what inspires American brand Tsovet as it builds premium watches for the jet set and the sporty. Its pieces — such as the SVT-DE40 and JPT-TS44 — are sporty and masculine, making them highly recommended for the adrenaline junkies of the world.

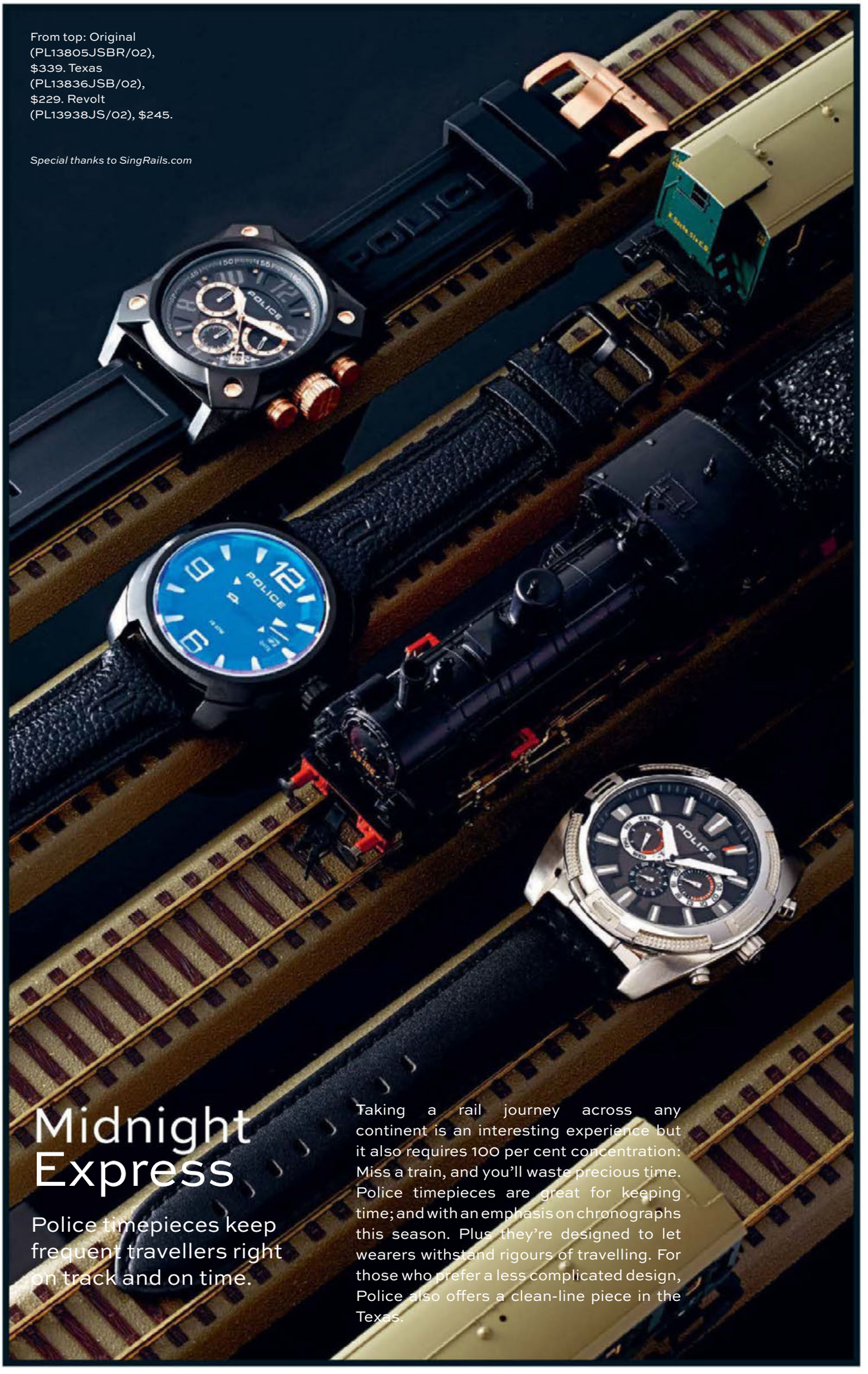
Pedal Pop

Elevate your hipster index and cycle around on a fixie with a casual Timex strapped to your wrist.

Being a hipster is more than just wearing vintage threads, sporting geeky glasses, and/or growing out a full beard. It's also about embracing an environmentally sustainable lifestyle — thus pedalling around on a fixed-gear bike. Here's a piece of sartorial advice: Up your style ante with a sleek watch from Timex. On its 160th anniversary this year, Timex goes full force on Nato straps, which come in both nylon and leather versions, for its classic Weekender range. A timeless round watch with clean dial aesthetics, it's also equipped with Timex's Indiglo Night-Light — perfect for cycling at night. The Intelligent Quartz Flyback Chronograph provides an alternative to the Weekender as it's more of a workhorse watch, providing chronograph timing and date indication.



From left: Originals Weekender 40 (T2P493), $108. Originals Weekender Slip Thru (T2N649), $85. Intelligent Quartz Flyback Chronograph (T2N700), $309.



From top: Original (PL13805JSBR/02), $339. Texas (PL13836JSB/02), $229. Revolt (PL13938JS/02), $245.

Special thanks to SingRails.com

Midnight Express

Police timepieces keep frequent travellers right on track and on time.

Taking a rail journey across any continent is an interesting experience but it also requires 100 per cent concentration: Miss a train, and you'll waste precious time. Police timepieces are great for keeping time; and with an emphasis on chronographs this season. Plus they're designed to let wearers withstand rigours of travelling. For those who prefer a less complicated design, Police also offers a clean-line piece in the Texas.



From left: The Private SS (A276510), $309. The 38-20 Chrono (A4041880), $585. The 48-20 Chrono (A4861922), $729.

Far right: The Unit (A1971726), $229.

Show Boating

Whether it's a fishing trip, a surfing holiday, or a cruise to nowhere, it's time to hit the high seas. But first, equip yourself with some functional tickers from Nixon.



When you're on an aquatic adventure — boating, swimming or surfing, a reliable partner is a necessity. And Nixon offers that with its range of utilitarian watches.

Whether it's a chronograph — for men and women — or a classic three-hand ticker, the American lifestyle label builds quality watches that fulfil the requirements of most people.

Take The Unit, for instance. It features a custom digital module with positive or negative display, 12- or 24-hour time of day, calendar, temperature gauge, dual time, countdown timer, chronograph, alarm, and light functions — talk about packing substance into a small space!

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VINCENT WATCH COMPASS POINT 6388-2609; CAUSEWAY POINT, 6894-2143; JURONG POINT, 6793-5513; TAMPINES MALL; 6784-1868; TOA PAYOH HDB HUB, 6256-5076

VISION STYLE TAMPINES, 6783-8716

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WATCH IT! GREAT WORLD CITY 6235-0948; HARBOURFRONT CENTRE, 6276-6884; TANGLIN MALL, 6733-3074

WATCH TREND CHOA CHU KANG MRT, 6892-7801; JURONG EAST MRT, 6899-7801; YEW TEE, 6877-1811

WINS UNITED WATCH BENCOOLEN STREET, 6341-9828

WORLD TIME ORCHARD CENTRAL, 6509-8801

YONG HOW TIME PARKWAY PARADE, 6440- 6319

YUEN LOONG WATCH STORE MARINA SQUARE, 6338-7542; PARKWAY PARADE (B1), 6344-6864; PARKWAY PARADE (L3), 6447-3194

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